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CANADA'S

WEEKLY NEWSMAGAZINE

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OCTOBER 27, 1997

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Macleans's This Week

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OCTOBER 27 1997 VOL. 130 NO. 43

Departments

EDITORIAL 3

LETTERS 4

OPENING INTERPASSAGES 10

EDITORIAL 12

The race to be mayor of the province of Ontario leads up a new look offers an inside look at the Ontario inquiry

WORLD 28

Sparks: Quebec students' protest an attack of a growing new identity: The White House releases more embarrassing videotapes

BUSINESS 34

Companies are racing against time to avert a computer disaster in the year 2000—a Toronto Ont. news was the Nobel Prize in economics

TECHNOLOGY 46

First of kind in a banner to deliver shipping

SPORTS 50

PROFESSOR 56

SPORTS 56

EDUCATION 58

Consensus on the West Coast Express are part of a unique experiment in post-1996 learning

OPERA 74

Victoria's best: Richard Margolis is a star of the world stage. Ontario's Michael Schacht is a member of the Royal and much more

BOOKS 77

Gordon Richter's memoirs of negotiating the Free Trade Agreement brooks with opinions

FILMS 78

Gordon Richter's memoirs of negotiating the Free Trade Agreement brooks with opinions

Columns

ANTHONY WILSON-SMITH 9

DEBBIE MURRAY 41

PETER C. NEWMAN 48

ALLAN FORTIN 50

Macleans's on the Internet:
<http://www.macleans.ca>

Cover

50 Eating right

Personal nutrition consultants earn \$150 an hour. Nutritional supplements and healthy diet books disappear from store shelves. Consulting also widespread in eating right—and confused about how to do it. Now research is supplying many of the answers



Features

12

Who gets the cash?

Finance Minister Paul Martin declares victory over the deficit and launches a new debate: what to do with the federal government's so-called fiscal dividend



16 Sorrow in a proud town

A deadly Thanksgiving Day bus crash claims 43 lives—and leaves a gaping hole in the social fabric of a small Quebec community



66 An Olympic challenge

Officials in Nagano, Japan, are busy preparing to host the 1998 Winter Olympics. Hoping to capture the elusive Olympic spirit

From The Editor

What now, Paul Martin?



Paul Martin and the people of Canada can take a bow. The deficit is on its way to zero. A case in at \$6.9 billion, almost pitiable, for the last fiscal year—almost half the amount the finance minister projected last spring and the lowest number in more than 30 years.

So, what now? Paul Martin's first, on his agenda, a healthy portion of any surplus should go towards paying off the national debt, of \$583 billion—the sum of accumulated Liberal and Tory deficits over the years. Even if Keynes and Gail Keith are not at last the notion of government spending is back on the Canadian agenda. So are tax cuts. Inevitably, Martin will move to introduce credits for the lower, income earners, who have been hardest hit by his policies. This could open a new income to the child tax benefit. Then he will have demands from students for more relief from mounting tuition hikes. And higher-income earners, who work in the North American economy, will seek their reward in the form of tax parity with Americans.

There also are two areas where the Liberal should move with noble purpose—the environment and home care. Action in those two areas would leave a legacy for young and old alike. The government said in last month's speech from the throne that it was willing to "support" those who need home care. That recognition, after Ottawa cut the heart out of the health care system, is not only grudging; it is a belated reaction to the growing army of seniors—and the fact that the first baby boomers are now updating early retirement in the end of the year. Already, as hospitals close their doors and services are cut, the home care

system has become a crazy quackwork that forces more and more reliance into the saccharine role of caring for the seriously ill.

The environment is another area that has settled benign neglect from the Chrétien government. To be sure, after the recession and massive layoffs in industry it was no surprise that jobs emerged as the Liberal's top concern. Throughout the past eight years, the annual Mackenzie poll on the national mood has reported a steady decline in concern about the environment. In 1998, 18 per cent cited it as the top issue, compared with only one per cent last year. It has been an easy issue for the government to ignore.

Yes, the subdivisions of neglect mount daily. Ottawa placed an aquarium fund among the worst policies in Canada and the United States (Spencer, Jan. 1999), as received by the joint Canada/US Commission for Environmental Cooperation. Last month, Canadian insurance companies warned ministers of the environment that climate changes, caused by air pollution, were causing more natural disasters, such as floods and landslides and putting insurance firms out of business. Despite respectable strides in the past 15 years, and now continues to stymie Canadian sales.

Martin, with a heritage of demands for social care, he was right last week to signal his resolve to keep a firm grip on the center. But as the government was to do for the millennium, taking care of the elderly and protecting the fragile environment are two promises worth moving to the top of the order paper.



The finance minister: a legacy for young and old

Robert Lewis

Newsroom Notes:

Food for thought

For this week's cover story, "Eating Right," Assoc. Editor Sharon Ostry, the editor and reporter Asa Eliash immersed themselves in the arcane world of nutrition research. They talked to experts in Canada and abroad for a 12-page special report on what scientists are learning about how foods heal, and how they harm. The cover package, overseen by Assistant Managing Editor Robert Marshall, starts on page 50 and



Elus, Bridger (right) eat their food

relates those discoveries to the concerns of health-conscious Canadians.

On-line update

The Maclean's Internet site has moved. That is part of an upcoming relaunch of Maclean's On-line in partnership with the popular search engine, Yahoo! Canada. As part of the reorganization, Maclean's is no longer available on the commercial CompuServe service. Details of the newly expanded service will be announced shortly. For now, selected articles from the weekly edition, the annual University rankings, the in-Case Program for schools and other special features are available at www.macleans.ca



Just say "the lake"

and it conjures up all that is peaceful, beautiful and well, just right in our lives. Just saying it can transport you to a better frame of mind. A better place that's clean and natural and away from it all.

When you're there it's the best place on Earth to be. Just knowing it has existed, virtually unchanged, for thousands of years and will go on being the best place on earth for your children and theirs. That's the real magic of the lake.

Clean. The U.S. Environmental Protection Agency recently awarded Honda's 4-stroke outboard engines (25 to 30 horsepower) with the 1998 Certification for reduced emissions. What's more, these advanced engines already meet the strict standard for 2006, which requires further emission reductions of 75% over current standards. Honda also expects to have its entire line of clean-running outboards, from 2 hp to 90 hp, approved before the end of the year.

Long before we built our first 4-stroke outboard in 1963, respect for the environment was one of our fundamental corporate policies. And with this ongoing commitment, we'll continue to lead the way in preserving what is truly magic.





Gross: Movie-like work ethic and values

Gross for PM

After reading about actor Paul Gross and his honesty and work ethic and life values, and his ability to produce, keep costs and complete things below budget, I was wondering if someone could convince him to run for prime minister ("Rising Gross," Cover, Oct. 13). We need more like him.

*Brenda Galt
Richmond, Ont. 16*

Poor Paul Gross. The "Frank Iero" has "dugged" him all his life. I can't believe that an actor's superficial society he would feel that being good-looking is a lawbreaker. Try being dugged by the "fat and ugly factor."

*Beverly Macdonald
Burlington, Ont.*

Thank you for your profile of one of my favorite TV stars. On some of my favorite TV shows, *One South Paul Gross* is missing and the shows great fun. It has a lot of humor yet allows us to feel the pain of an everyday life. *Moanin' Benson Foster*. My favorite episode

LETTERS TO THE EDITOR
should be addressed to:
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will always be the one where the Musical Boy gets kidnapped in a trap, all except the hapless Leslie Nielsen and Foster. This has to be the best Canadian achievement of all time.

*Brianne Fisher
Kitchener, Ont.*

Liberal hypocrisy

I felt sick when I read about the Liberals' treatment of one of their own, John Manos, during his recent legal difficulties. I felt the same way when I read about Deborah Grey's treatment as a rookie Reform MP in Ottawa ("John Manos's quest for redemption" and "Not an easy ride," Canada, Oct. 13). I know that politics can be a nasty business. However, in their shabby treatment of individuals, Liberals show that they are petty, vicious and unprincipled hypocrites. Their only allegiance is to their pursuit of power.

*Gary Roberts
Kelowna, B.C. 16*

Constitutional myth

In his submission "French Quebec needs a legal support" (*The Road Ahead*, Oct. 13), Jack Lynch comments that "the only way to put a stop to independence on the separation of Quebec is to elect governments in the province that will sign the Canadian Constitution." The truth is that no province signed the 1867 Constitution. Quebec's federal members of Parliament voted 73 to 2 in favour of the unilateral agreement, while Quebec's provincial legislature voted 70 to 30 against. Then, a total of 72 of Quebec's elected representatives were opposed, while 113 were in favour. To quote the late Senator Eugene Forsey: "The proclamation was signed on April 17, 1867, by the Queen. It was also signed by former prime minister Pierre Trudeau, Jean Charest and Jeanne Ouellet, all three, incidentally, elected (directly) representatives of Quebec citizens. No person from any province except Quebec signed it." The 1867 Constitution was written, signed, sealed and delivered by Quebecers.

*Jack Reed
Barnes, Ont.*

For the defence

As a senior year student at the University of Western Ontario faculty of law, I read your survey of Canadian common-law

Disarmed forces

"Return of the spenders" (Canada, Oct. 13) confirms that pork-barrel politics are alive and well in Ottawa. The budget is being balanced at the expense of our national security. Since 1990, \$29 billion has been cut out of the national defence budget. This reflects a reckless disregard of the frightening spread of nuclear and chemical weapons since the end of the Cold War. Today, strategists see us on the brink of a "regional" nuclear war, with chaotic global consequences. Yet the Canadian Forces have been left unprepared for war, poorly equipped and with too few members to do the job. I am angry at the naïveté of Canada's political and opinion leaders.

*J. Cecil Benkowski
Brimley Bay, B.C. 16*

schools with great interest. Challenging Canada's law schools? Cover, Oct. 13. Perhaps in the future when undertaking such a survey you could include more information on your sample group and methodology. For example, it would be interesting to know how students (new lawyers, judges, and academic) who attended our law school would have their responses translated into a broad overall ranking of all law schools across Canada. The faculty of law at the University of Western Ontario is not perfect, but when I graduate with my LL.B., I will feel significantly confident that I have gained a quality Canadian legal education from one of the top schools in this country.

*Andrew Tse
London, Ont.*

I went to a law school that took seriously some of the most difficult and pressing issues facing society today, and that challenged me to think about the role that I would play as a lawyer in bringing about Canadian access to the law through pro

HELP WANTED

Mailbox has a few openings for magazine reporters, writers and editors. Anyone interested in being considered for such openings is invited to contact the Managing Editor by fax at (416) 594-5100 or e-mail (josh@mailbox.ca). Previous magazine or newspaper experience and a solid track record are essential. Please provide a resume with educational and employment history and other relevant details. All responses will be treated in confidence.

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thinking on its wheels.) And we thought we'd describe the revolutionary High Intensity Discharge (HID) headlamps as well (3 times brighter than halogens, with a 20% wider beam), because frankly, they're very difficult to admire from behind. For more information, call 1-800-25-LEXUS. Or visit our website at www.lexuscarsusa.com.



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The New GS. From \$58,900.*



Patrician McKinnon has cancer, but she doesn't look it.

Patrician recently attended a free Look Good...Feel Better makeover workshop, where professional cosmeticians taught her how to minimize the appearance-related side-effects of the cancer treatments she's undergoing. *Look Good...Feel Better* makeovers brought back her natural smile, proof of the benefits of cosmetic therapy.

Look Good...Feel Better is a free, national program sponsored by Canada's cosmetic, haircare and fragrance industry. It offers women coping with cancer a "how-to" guide and teaches them ways to live with cancer. Ask your doctor about a free Look Good...Feel Better makeover or registration by mail or e-mail. Bring with you: a cell phone or 1-800-914-5665.

Look Good...Feel Better

THE MAIL
Indefinitely high fares. Today, I work in the area of poverty law and human rights. I went to Chabad, a law school that both encouraged and astonished this and I believe it is the best law school in Canada.

Anna Andrus
Toronto

After the flood

Recently I travelled to Winnipeg with other students and a teacher from my high school to work with the Manitoba Disaster Service in the cleanup efforts from the Red River flood. I had just read your article regarding the disappointing state that many of the Manitoba residents are in as a result of the flood. "I've cradled two rivers," Canada, Oct. 10 and I have to say that they did not exaggerate their situation in the least. I saw shocking scenes of farms and houses destroyed by the over flowing waters, and heard heart wrenching stories about how much people had lost, and how the help that the government promised never seemed to come. People seem to think that because the water levels are back down, everything has gone back to normal—that is not the case. We cannot, nor can we let the government, forget our fellow Canadians in this extremely difficult time of rebuilding their lives.

Patricia Kennedy
Bentley, Ont. 18

Diplomatic excess

High Commissioner Barry Carter's housing expenses in Singapore are outrageous in mind and of the nature. ("The cost of diplomacy," Canada, Oct. 10), but when that kind of money squandering is put into context with the restraint on spending for health and education in Canada, it becomes gut wrenching. Canadians are expected to precisely accept the government cutbacks that prevent adequate health care and educational services. We are not expected to react to future proposed tax increases for so-

The Road Ahead

Just saying no to a carbon tax

For years, environmentalists have urged the federal government to establish a so-called carbon tax on oil and gas consumers to encourage a move towards more renewable energy sources. But turning any more money over to government control, no matter how high-minded the intention, would be like throwing good money after bad. Think of where we want to go in our society and imagine a wheel that will get us there. Multinational is a slowly, diesel-powered cab with lots of fuel. Bumper is a quick thoroughbred when the rider is skilled. Our federal government is a well-meaning but lame donkey (it has a purpose, yes, but it won't get you anywhere quickly or reliably).

Fossil fuel is not essentially evil. The issue is about how we produce it, how we process it, and what use we put it to. We need innovative thinking to provide us with improved technology for all our energy uses. We are not likely to get any help from government on that score. Instead of enacting a carbon tax, we should be granting a

tax credit on all environmentally supportive investments. In this way we would be rewarding the businesses that produce energy-efficient and ecologically safe products, and the consumers who use them. Commerce would grow in this direction and we could see accelerated progress in the environmental movement.

Of course, we are likely to hear the usual line from the fossil government, claiming that it cannot afford to reduce existing tax revenues until the national debt is paid off. Fine, but at least it could pledge such a program for the future and get our industries moving in the right direction.

Many people are still afraid of environmentalism. They believe it stops industry and slows down living. It just so happens that the misuse of our fossil fuels represents the most harmful and useless waste of energy on this planet. That is why it is being targeted now for taxing. When we go after that issue, we should choose our steel carefully. But lets not give the sharks any more feed—they is fat enough.

The Road Ahead series continues to advance specific proposals to Canada's political, social and economic policies. Reader-submitted letters may not conform to regular letters in appearance or to electronic bulletin board.

Alison Grossman,
Calgary, Alta

Expensive funerals

The article "Faking up the pious" (Business, Oct. 6) gives me hope that there may be alternatives to the high-priced insatiable funeral. Last year, an acquaintance passed away and the cost of the funeral came to \$10,000. What a double punch: losing a loved one and being hit with such an enormous and ridiculous expense. No matter how much you spend on a funeral, it will not prevent death with the amount of money spent.

Norrie Green,
Woodbridge, Ont.

Deborah Bell
Leechmount, Ont.

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Backstage



**Anthony
Wilson-Smith**

The loss of a Canadian war hero

Darke was killed on June 6, 1944, at the military cemetery at Bayeux-sur-Mer, France, and most of the crowd assembled for the 50th anniversary commemoration of the Second World War D Day landing had returned to their hotels. A handful of veterans and their families remained—and, in the middle of them, Jess Chretien stood, shaking hands with each. Whenever the inevitable request for photographs came up, the Prime Minister turned the tables: "This is your day," he said. "Give me the honor of taking your pictures." Later, retired sergeant major Charlie Martin, a lifelong Progressive Conservative, joked that Chretien's gracious behavior "almost made me sorry that I didn't vote for him." But, he added with a smile, "Not quite."

By then, Charlie Martin was 75 years old, and in a life of uncommon grace and bravery, the war was close to its end. To night he had a war hero, churchgoer, father of two sons and husband of half a century to his wife, Vio. One of his rare boasts about himself was "I like to think that I always live up to my responsibilities." And so he did, in so many ways, right up to the end last week at age 79 after a short illness. In June, despite a bad heart and other signs of failing health, he travelled again to Normandy to place a memorial at the site where his Queen's Own Rifles regiment landed during the war. While there, he met a young Canadian who listened to Charlie's commemorative speech, and, overcome with emotion, asked for more information about the Canadian effort. That greatly pleased Martin, whose mission in recent years was to ensure that Canada's youth learn more about "our war and the consequences of all wars."

Back home, Martin prepared meticulously for his death. He left instructions that he should not be left in his support ponds, and, planned and paid for his funeral in advance. The two days of visitation at the funeral parlour near the couple's Mississauga, Ont., home, followed by two memorial ceremonies, came off with military precision, and attendance from all three former regimental units still in good enough health to attend. "Charlie," said his former commanding officer, then-Capt. Dick McLeod, who read the eulogy, "never left a thing to chance or anyone else if he could help it."

That included his determination to release accurate information about war. After personal silence in the early 1960s he wrote a book about his experiences entitled *Battle Diary* (first sold about 7,000 copies—a best-seller by Canadian standards). It led, in turn, to a television documentary and a *Maclean's* cover story where he allowed a writer to accompany him to Normandy in 1994. That inspired the publication of *Canada at War*, a newly released hardcover or compilation of articles from *Maclean's* archives that chronicle the

extraordinary efforts of the country's fighting forces. In each case, when Charlie was asked about his own efforts, he humbly pointed and firmly turned the focus towards others.

For years, although Charlie made a point to stay in touch with other veterans, he otherwise did not discuss his war efforts. He worked for the Ontario government on agricultural projects, specialized in advising native reserves—and was made its honorary blood brother by the Fort William Indian Band. He served on his local school board, did fundraising for the hospital, and was a church warden and Sunday school superintendent. Based on his peacetime efforts alone, fellow veteran Lawrence Hanson nominated him for the Order of Canada. Said Barney Dawson, a former federal cabinet minister who lost an eye while serving in the Queen's Own: "Charlie was a true gentle warrior. He was enough content to understand how horrible it really is."

**With grace and
bravery, Charlie
Martin epitomized
the extraordinary
contribution of
the nation's
fighting forces**

In other countries that make more of their military history, Martin's life—and passing—would have earned much more attention. The holder of two of Canada's highest awards for bravery in combat—the Distinguished Conduct Medal and Military Medal—he fought with almost without pause. He was on a daily basis for almost 30 months before he was finally severely wounded. Once, under heavy fire, the five-foot, seven-inch Martin had carried a six-foot, 200-lb. wounded comrade back to their own lines—while he, in turn, pulled along a prisoner. On another occasion, he spent about 38 hours living in a concealed trench less than 150 metres from a German gas emplacement holding down his company's advance. Then, he and a partner destroyed the emplacement, and spent three more hours building under the bombardment for their attack position. Martin's commanding officer, then-Maj. J. McLeod, called him "the finest fighting man I have ever known." And relatively lucky: with all that fighting, he lost less than a year, the Queen's Own lost 455 men with more than 1,000 wounded.

At the memorial service last week, transcripts played the *Last Post*, *Knock*, and someone recited an excerpt of the work by British poet Laurence Binyon (1869-1943) that promises fallen soldiers that "at the going down of the sun and in the morning, we will remember them." On the drive home, Barney Dawson reflected to a friend that Last Post, the twice yearly veterans' literary section in *Leaves Magazine*, now runs as large as 40 pages. Again, for the last time, Charlie Martin brought together the disappearing band of Queen's Own veterans to commemorate the war, and ponder the days left to them. One daily bus, another is leaving a generation that includes many of its greatest heroes. They go in peace, and that is their greatest legacy.

Who gets the cash?

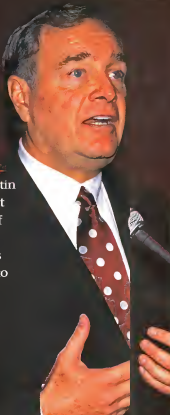
BY MARY JANIGAN

For four years, Finance Minister Paul Martin has saved, taxed, gloated and forced down payments in his quest for a balanced budget. So when he declared tentative triumph over the deficit in an appearance before House of Commons finance committee hearings in Vancouver last week, he claimed a battle-scarred victory: he set new rules. Never again would the deficit and government borrowing run an everwild. Never again would governments spend without clear policy priorities. And, assisted but clearly understood, never again would the federal Liberals endorse another painful term dogged by anxious advice from the financial markets and loud complaints from the victims of cost-cutting. Instead, the new was all upland: the 1996-1997 deficit plan plummeted to \$8.5 billion—the smallest in more than two decades. The budget will be balanced “no later” than 1998-1999—for the first time in 29 years. “The old ways are over,” Martin declared. “The old days are gone. This government has cut up its credit card. Responsible financial management is not a fad or a fad—it is a permanent feature of a successful society.”

With that announcement, Martin officially kicked off a new but almost equally divisive debate that will mark the Liberal government's second term: how should Ottawa spend its so-called fiscal dividend? Martin defined that dividend as the potential surplus that Ottawa will have available to spend each year on new programs, debt reduction and tax breaks, using the tax measures and the program spending outlined in the February, 1997, budget as the basis for his calculations. Although Martin warned that the dividend, when it comes, will be small—and it will grow slowly in the first

Paul Martin vows that the era of federal deficits is coming to an end

Martin's victory's right to set new rules



few years”—concepts predict that it could surpass tens of billions of dollars throughout the first decade of the 21st century. Such whopping amounts of extra funds will eventually affect every Canadian—whether through tax cuts, renewed social programs or reductions in the mountain of federal debt that threatens everyone's standard of living.

So Martin challenged Canadians to consider the hard choices ahead: what taxes should be cut, what programs should be funded, how much debt they want to retire. “The debate should be about national priorities—about how best to build a strong economy and a strong society,” he said. On a busy day in Ottawa, Minister John Nantel told Martin's “Thinking back to the dark days when we had to cut every thing in sight, this is a lot more appealing scenario. But this is not our money—it's Canadians' money—and they'll have a view on this.”

The very existence of a debate that seemed almost impossible four years ago has produced aspirations for national unity. During the next referendum on secession, which could come in 2000, Quebecers will consider their relationship to a far more thriving and dynamic federal government. Ottawa's books will be balanced, its debt will be declining, its tax cuts will be reaching out and its services will be improving. “The last time, there may have been a good argument that Quebec should not associate itself with a loser,” says Queen's University economist Tim Courchesne. “Now, Canada has turned into a winner. And it is much harder to dissociate yourself from a winner because the points

fall downside will become potentially endless.” Although Martin skirted away from precise predictions, he did even provide the traditional fiscal projections for the current year: it is possible to glimpse the size of the potential bonanza. John McCullum, chief economist for the Royal Bank of Canada, has calculated that the fiscal dividend could soar from \$3.6 billion in 1998-1999 to almost \$15 billion in 2005-2006. His worry is that Ottawa will yield to the political temptation to make cash before the funds roll into its coffers. “But I would strongly be in favour of Martin's comments on not spending too much and on the importance of getting the debt down,” says McCullum. “Finance is at least fighting back against those who would lend us the way again.”

The government itself inadvertently encouraged the spenders with last month's speech from the throne. Pledging all new programs, it failed spending demands from Liberal backbenchers—especially those from Ontario—and from a host of lobbying agencies. Three weeks ago Martin tactfully told a charitable coalition, National Voluntary Organizations, that he already has \$300 in spending requests for every \$10 in available funds. And Liberal leaders say that although the federal deficit is being lowered, the country's credit rating is still on the bench remains positive. “At cabinet, the talk is still about the fact that we don't have the money yet, but spending might start to happen down the line,” says a senior official. “Many Ontario backbenchers, in contrast, see that their constraints are forcing the impact of the provincial government's cuts—and

Measuring up

On his way back to Ottawa from the House of Commons finance committee hearings in Vancouver, Finance Minister Paul Martin stopped to address students at the University of Calgary. He also spoke to Martin's Acting Calgary Bureau Chief Dale Eiler. Excerpts from that interview

Martin: The deficit battle appears to have been won. Do you see that as a personal triumph?

Martin: It's a triumph for Canadians. Our backs were against the wall in 1995, much more than anyone realized, and we've made a comeback very few countries could have accomplished. This is an indication of what this country is capable of. It's much greater than just a financial issue.

Martin: Now do you deal with public expectations after a balanced budget?

Martin: I have tremendous faith in the common sense of the Canadian people. They were way ahead of governments in the need to eliminate the deficit and are pretty clear on what their priorities are: preservation of health care, their pensions, the terrible scourge of childhood poverty. That economically the priority is overwhelming. How do you create jobs in the modern economy? And the solution that Canadians see and I feel very strongly about is education. One of the biggest problems of our society is inequality and education is one of the greatest equalizers.

Martin: Cash injections to the provinces have been cut by about \$5 billion during the period of cuts. Do you intend to put cash back into the system?

Martin: We put \$1.5 billion back in last May. The first thing we have to do is assure the federal government's fiscal health. The provinces have benefited by over \$2 billion (by the reduction of interest rates, which occurred because the federal government got its fiscal act together). We have a debt-to-GDP ratio of 73 per cent. The provincial average is 35-35 per cent. So the federal government is much better fiscal health than the federal government.

Martin: Do you have plans for an across-the-board tax cut?

Martin: I would begin with tax cuts where the impact is going to be the greatest. Then, on a more general basis, you deal with those where the need is the greatest and that is clearly toward middle income Canadians. An across-the-board cut is certainly not going to be as initially because it would be very expensive and benefit upper-income Canadians much more than middle- and lower-income people.

Martin: Are we entering a new era of co-operative fiscal relations, where lessons will be reduced and, as a result, support only extended?

Martin: Clearly, the relationship between governments ought to improve when governments aren't cutting. An essential of the national unity solution is Canadians seeing the reason face up to its challenges. There was a great coming together to deal with the deficit, and as we go on the role of government must be to galvanize Canadians for the challenges that lie ahead, most of which do not deal with the balance sheet but rather the kind of lives they and their children want to live. That is why the preservation of health care is so important, and why I put so much focus on this issue of education. National unity is the natural consequence of countries measuring up to those challenges.

A robust Canada may be harder for Quebec to reject

They want to play around. There will be a fair amount of discipline exerted on them."

The government's best argument may lie in the fact that those backbenchers are out of step with the mood of Canadians. Liberal polling data indicates that although voters are almost evenly split among three camps, the largest group—almost 50 per cent—wants any future surplus put towards the debt. A smaller group supports increased spending on social programs. The smallest chunk—but lagging by only a few percentage points—wants a tax cut. Says a Liberal insider: "The bottom line is that when the deficit is eliminated, the government has to be all things to all people."

That is the course that Ottawa has selected: one half of the fiscal dividend will be deployed for increased social and consistent spending; the other will be put towards the debt and tax reductions. But it

is clear that Mr. Martin wants to put the debt on a firmly downward track before he announces new spending and tax cuts. That debt was \$340.4 billion on Aug. 31—just under 75 per cent of the rate of the gross domestic product. Proportionately, that is the second highest among the G-7 industrialized nations—but it is falling at a faster rate than that of any G-7 member.

That may be all for the better—if only because, as the population ages, the proper line of westerners is declining in relation to the number of children and elderly. As a result, when the baby boomers begin to retire in 2011, there will be fewer workers to contribute to support that massive debt load. Unless the debt-to-GDP ratio declines more rapidly now, their standard of living will inevitably drop. "I am reluctant to participate in this divide the spoils exercise," says economist Les de Vries, vice-president of the Ontario Teachers' Pension Plan Board. "You should not commit to spending much that year surplus disappears with the demographic pressure on services. You should wait to see if these surpluses are sticking around—and you don't want some debt."

An even more wrenching debate, however, will swirl around the issues of tax cuts and spending programs. Ottawa delivers many benefits to low and lower-income income households through the use of refundable tax credits. (Those families, for example, receive credits to compensate for the Goods and Services Tax and to provide for their children.) If the tax credits exceed the amount that such a household would otherwise pay in income tax, the balance is refunded. Martin has indicated that, initially, future tax relief will be targeted "where need is the greatest"—that is, he will boost up those tax credits—and that will be counted as tax relief, instead of new spending. As a result, Canadians cannot expect immediate across-the-board tax breaks—because Martin's limited funds have been channeled to the poorest recipients.

The assistance will be targeted to groups such as students, low-income families, the disabled, and those who care for aging or elderly dependents at home. Ottawa will put another \$1.45 billion into its existing \$5.35-billion Child Tax Benefit, which provides a maximum annual credit of \$1,000 per child to families with an

income of less than \$25,000. New employees may be allowed to write off the interest on their student loans. More disabled people may be able to write off the cost of home care that allows them to work.

Anti-poverty activists argue that Martin is right to target aid—because across-the-board tax cuts would do little for the neediest. At the request of Mulcair's, Ottawa social policy consultant Richard Skillingham calculated that Ottawa could get the biggest bang for its buck among lower-income Canadians if it increased the GST credit of \$100 per adult and \$105 per dependent child for families with incomes under \$25,000. When Skillingham compared the average benefit from an across-the-board cut in personal income taxes with that benefit from a comparable increase in that credit, he concluded that these households that receive the lowest 30 per cent of income share would be about 34 times better off with the tax credit increase.

"The poorest Canadians often don't pay income taxes," he says, "so the only way to use a tax cut to increase their standard of living is to get it into a refundable credit."

Such talk may distress many distressed middle-income Canadians who hoped that Martin would announce reductions in their employment insurance premiums—if only because the fund is running an enormous surplus and there are huge increases ahead in Canada Pension Plan contributions. EI premiums are slated to decline on Jan. 1 from \$2.06 to \$2.88 per \$100 of employee income—which amounts to a significant drop of \$38 per year—while social CPP premiums will increase by a maximum of \$40 over current 1995 levels. Catherine Swift, president of the Canadian Federation of Independent Business, says that EI premiums must decline to \$0.35—simply to compensate for those CPP hikes. To prove it, she found, the CFIB has affixed a counter to its Internet site, making the second-by-second increases in the \$1.5-billion surpluses. "The so-called fiscal dividend is simply a massive EI surplus," she says.

That campaign is unlikely to goad Martin into further cuts—only because the Liberals believe they can do more for the nation's economic and social health through key areas of program spending. On the economic front, for one, Industry Minister Malloy wants more funds for such programs as Technology Partnerships Canada—where the government and private firms invest in research and then share any royalties. And he says that these investments will stimulate Ottawa's new way of doing business. It will not be the only one with its money on the line. "We want to invest in technology," Malloy says. "But worried private money—from those who have their own assets at risk too—must go to before government money now."

In the end, the fiscal dividend may become as much of a short-term balm as the deficit—if only because Canadians may never come to a consensus as to its deployment. In the short term, as Martin concentrates on deficit reduction, key Liberals will build their case. In the longer term, as the Liberals move into the latter years of their mandate, competing calls for across-the-board tax cuts and major spending programs can only grow more strident and more divisive across the nation—and within the government itself. □



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Sorrow in a proud town

In a *Librairie Leclerc's* four years as mayor, St-Bernard de Beauce has enjoyed small triumphs. Local residents have picked up honors in provincial flower competitions. Three years ago, the small town just south of Quebec City marked its 150th anniversary with a year-long celebration that culminated in a parade down its main street. The anniversary, and the town's past, have been immortalized for local residents in a handsome souvenir book. But last week, a devastating new chapter in St-Bernard's history began after 42 people—all but one a St-Bernard resident—died when a night-bus was plunged down a ravine on Oct. 13 during a Thanksgiving celebration. "Imagine your responsibility for a town of 2,100 people," said a weary-looking Leclerc after the funeral toll last week. "And two per cent of them are gone." Outside, television satellite trucks dwarfed the statue of the Sacred Heart of Jesus in front of the 19th-century Catholic church, as preparation for last Thursday's memorial service. "We've never seen anything like this in St-Bernard," Leclerc said.

Or faced such a tragedy. The death here has a gaping hole in the tightly knit community. The victims, most of them active citizens, died when their chartered bus failed to negotiate a dangerous curve on Highway 382 and fell down a 20-metre ravine near St-Joseph-de-la-Rive, 140 km east of St-Bernard. Last week, walking down the sleepy street where he has lived for 29 years, André Labrecque, 76, tried to comprehend the extent of the tragedy. "We all knew each other," he said of the victims. Labrecque, who lost two brothers and seven cousins in the crash (6 third brother and his wife remained in serious but stable condition in a Quebec City hospital last week, along with three other survivors), pointed to a now-deserted grey stone house, owned by one of his dead cousins. "He was always there in the morning," he said. "I keep thinking he's there."

Others also struggled to come to terms



Funeral services in St-Bernard de Beauce—struggling with the loss

with the terrible truth. Labrecque's nephew Marcel St-Onge, 36, eyes filling with tears, recounted how he was losing every week with some of the victims. "The town doesn't exist anymore," said the 69-year-old St-Onge. What does remain are questions surrounding the worst bus accident in Canadian history. The police are cautious, which will take several weeks, in considering both mechanical faults and human error as contributing causes. At week's end, police announced that they had found some technical irregularities in the bus, but refused to draw any conclusions.

Some witnesses reported seeing smoke coming from the wheels of the bus, which crashed through a guardrail when it reached the sharp curve at the bottom of the steep hill. "It was terrible," said André Cantagray, who saw the bus barrel down the ravine from his living room window in St-Joseph-de-la-Rive. "It was more or less an open cemetery." Cantagray, a school bus driver who

navigates Highway 382 daily, knows its dangers—as do other local residents. In 1974, 13 seniors died in a similar crash at about the same spot. In the wake of the second crash, Quebec Premier Lucien Bouchard has called a public inquiry, and promised that "everything possible will be done" to make the highway safer.

In St-Bernard, the victims will be sorely missed. Although most were retired, they were among the town's most active citizens. Many were energetic volunteers, organizing activities such as card games, singing in the church choir and helping out other, more fragile seniors. "They were the guiding lights," parish priest Marcel-Antoine Lachance told a packed crowd at the memorial, attended by both Bouchard and Prime Minister Jean Chrétien. Some wonder who will fill the gap. "The replacement ranks will be thin," said André Lacasse, 58, as she risked tears around the church before the service. Others, however, are optimistic about the town's recovery. Bank manager Louis Fournier believes

that a strong sense of solidarity will help the community cope with the crisis. Standing in his office at the cinema populaire across from the church, Fournier maintained "it will be easier to get through this because of town spirit."

St-Bernard residents will, however, have some help. With the distraction of funeral arrangements over, the hardest part of the mourning now begins, notes Marc Yanguap, head of the regional health clinic. The clinic has sent in social workers and psychologists to work with the families of the victims, and will also help the community establish a new volunteer network. Leclerc and others, meanwhile, are confident the town will rebound. "Things have to continue on," the mayor and ally. But for all their record of proud self-reliance, looking to live with last week's loss may prove the toughest challenge ever for the people of St-Bernard.

FRIENDA BRANDEWILL

A tragic bus accident devastates a tiny Quebec community



The mega-mayor faceoff

BY ANTHONY WILSON-SMITH

Isolated and unopposed, the industrial complex at 500 Progress Rd. in the Toronto suburb of Scarborough seems far from the sort of place where politicians usually tread. On the opposite side of the street, farmland marks the end of Metropolitan Toronto. And at 5 o'clock one afternoon last week, almost all of the offices within the complex were deserted—closed for the day or, in many cases, shuttered for lack of tenants. All the more remarkable was the sight of City of Toronto Mayor Barbara Hall and two aides as they climbed out of a white sedan. Hall was there to tape a half-hour interview at a television studio for a



Mel (left), Lastman, portrayed as a drag-out fight between left and right

Who will lead the new Toronto?

best to look at ease in suburban surroundings. "In so many ways, this is all about the new Toronto," he remarks.

And, as Hall's crew who tries to lead it—and have the sometimes dubious pleasure of presiding over a large and potentially unruly 57 member council in which he, or she will have only one vote. Until now, Scarborough and the City of Toronto—along with York, East York, North York and Etobicoke, which together make up Metropolitan Toronto—have been separate municipalities. But on Nov. 10, because of a municipal amalgamation reform that Ontario's Progressive Conservative government has imposed as often reluctant municipalities, voters will go to the polls to choose the mayor of what will be, after Jan. 1, the unified metropolis of Toronto. The winner will then be in charge of the largest urban jurisdiction in Canada, smaller than only three American cities (New York City, Los Angeles and Chicago). With 2.3 million inhabitants, Toronto will be the sixth-largest government in the country. Only the federal government and the provincial governments of Ontario, Quebec,

British Columbia and Alberta will provide over more people. Although a total of 30 candidates are running, the victor is virtually certain to be either the 58-year-old Hall, or her flamboyant opponent, 64-year-old North York Mayor Mel Lastman. "A big city needs someone who can make big decisions," Lastman says with the bluntness that has characterized his 15-year term in office. "I can—clearly, Barbara Hall cannot."

It would be hard to think of an electoral race anywhere that has produced two more qualified candidates—and two more distinct opposites in so many ways. Political strategists often use the expression "symbolic" to mean more than substance—and even the superficial differences between Hall and Lastman speak to that. Hall wears counterintuitively cut suits in muted colors and speaks in measured tones with frequent, lengthy pauses. Lastman favors ties with expensive designs, wears multicolored shirts, and punctuates his emotional, urgent manner of speech with expansive hand gestures. Hall, who at various times has worked as a parole officer and social worker, and once

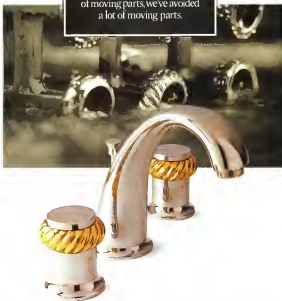
was a candidate for the New Democratic Party, boasts about riding to work on her bicycle. Lastman, who once ran for the provincial Progressive Conservatives and made a fortune in his earlier career running a chain of appliance stores, takes pride in driving a luxury Mercedes 560 sedan.

Not surprisingly, the race is being portrayed in parts of the Toronto media—which in some cases have vigorously taken sides—as a drag-out fight between Lastman on behalf of the political right, and Hall for the left. Up to a point, that is true. A key part of Lastman's platform is his promise to freeze municipal tax rates during his mandate. Hall, on the other hand, refuses to make a similar commitment because, she says, "it would not be responsible to do so while Ontario Premier Mike Martin's Tory government is in the process of downloading responsibility for some provincial services to the municipalities."

Hall's speeches are peppered with references to the need for better treatment of the homeless and the city's responsibility to take a leading role in establishing and maintaining social programs. Lastman insists that the most effective solution to Toronto's social problems lies in a booming economy that would be spurred by lower taxes and a freer-market movement for business. Bolstered by focus groups showing that voters are likely to reject any candidate who links to Harris's Tories, the Hall camp is to some degree emphasizing the left-right split between the candidates. "Mel Lastman," says Hall, bluntly, "will do anything that Mike Harris would like to do."

But the character of both candidates—and their respective stances on policy issues—are more complex than they initially appear to be. Toronto's taxes have not risen since Hall became mayor and she describes her reluctance to commit to a continued freeze as "simply a necessary option given the uncertainty of a new administration." Lastman, in turn, acknowledges that

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Reviving Somalia

An inquiry member lambastes the Liberals

Somebody in Ottawa was buying his phone—or so feared Peter Desbarats, one of the Somalia inquiry's three commissioners. Then again, anyone might wonder who paid for the expense of probing the senseless behavior of Canadian troops during their 1992-1993 mission to the African country. In *Somalia Coverage: A Commissioner's Journal*, published last week, the journalist, author and academic rages from concerns about telephone tapping to disagreements in the accounts of senior officials over exactly who knew what, and when, about the killings of Somali citizens by Canadian troops. He also details the deteriorating relationship between the inquiry and the government. In the end, *Somalia Coverage* references what Desbarats has said all along, with a federal election looming, politics drove the Liberal government to shut down the two-year inquiry last March. That decision, he declared

in his book launch, was "one of the most brazen coverups and denials of responsibility in the history of this country."

Last week, the commissioner was still shaking his head at Desbarats's efforts to control the damage of the Somalia scandal. Only days before Desbarats's book launch, and during a week when Parliament was adjourned, Defence Minister Art Eggleton presented the government's official response to the inquiry's work. While the minister stressed he had accepted 152 of the commissioners' 169 recommendations, Desbarats complained that Eggleton had ignored their key proposals: removing the supervisors of military police from the senior command and establishing an independent magistrate general to supervise the military justice system.

Desbarats, meanwhile, was not alone in



Desbarats accusing Ottawa of a brazen coverup

thinking that much remains to be examined in the Somalia affair. Tory Senators were pushing to reconstitute a special committee to pick up where the commission of inquiry left off—with the events leading up to the March 26, 1993, torture-killing of Somali teenager Shidane Arone. "The Liberals should go along with it," threatened Tory Senator Hansel Kluider John Lynch-Staunton. "Otherwise they will have a lot to answer to."

With his book, the 66-year-old Desbarats tries to go where the commission could not. But the revelations offered in *Somalia Coverage* are hardly the sort to stagger governments. By conducting interviews after the inquiry was finished, he is and contradictory versions of how and when the details of Arone's death were passed on to then-defence minister Kim Campbell. Former deputy defence minister Robert Fowler, now Canada's ambassador to the United Nations, said that on March 18, 1993, he told Campbell's acting chief of staff, Richard Clair, that Arone had died three days earlier "as a result of food poisoning at the hands of Canadians." Clair, meanwhile, said he only learned on March 30 that Arone was involved in the Somali youth's death. Other than that, Desbarats does not say who is lying—just that the whole thing carries the unmistakable taste of coverup.

Is anyone still listening? Some Liberals feared that shutting down the inquiry would hurt them at the ballot box in the June 2 general election. But Somalia never emerged as a campaign issue. And no one within the party now expects a public back-lash over Eggleton's refusal to accept the inquiry's major recommendations. "Maybe it has something to do with being Canadian and never wanting to fight for our rights," Desbarats said about public apathy. Or perhaps it is just that, after getting no longer the horror of what Canadian troops did in Somalia, Canadians now simply prefer to avert their eyes.

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Canada NOTES

MARSAW SETTLES

Defence Minister Art Eggleton announced that former submarine commander Dave Marsaw will be given an honorable discharge. Last month, a military appeal court overturned Marsaw's 1985 conviction for abusing his crew—abuse that allegedly included inserting a cigar tube between an officer's buttocks during a drunken party. The defence department will pay Marsaw compensation of up to \$102,000.

HAVE ON THE WEB

A Canadian Human Rights Tribunal began hearing allegations that Holocaust denial Ernst Zundel operates a Web site propagating hate by denying that the Nazis killed millions of Jews. Zundel's lawyer says the site is operated by a woman in the United States, but Zundel's estranged wife, Irene, testified that he supplies material from his Toronto office. The case is among the first to test the application of human rights laws to the Internet.

REGAN GAG ORDER

Nine British Supreme Court Judge Michael McDonald ordered a publication ban on print matters to the case against Gerald Regan. The former Nova Scotia premier faces 15 unrelated charges—including rape—dating back to 1996 and involving 13 women. The ban prevents journalists from reporting arguments or evidence that could test a prospective jury.

EMISSIONS INCREASE

Environmentalists called on the federal government to curb greenhouse gases linked to global warming. The Sierra Club of Canada, branding Environment Canada documents it obtained, said Canada's carbon dioxide emissions from burning fossil fuels have increased almost 11 per cent since 1990. A Sierra Club spokesman called for binding mechanisms on industrial emissions.

COUNTING TOES

Ontario Premier Mike Harris took his shoe and sock off for reporters after a recently published 1967 photograph appeared to show that he has six toes on his right foot. At first, Harris brazenly denied it. But reporters, Tory colleagues and a private citizen offered Harris \$1,000 for his favorite charity if he counted his toes in public. The final right-foot tally: five.



Children leaving Manitoba as consent on Corbett found case

Unanswered questions

After a seven-month investigation into allegations of influence peddling, the RCMP charged former Liberal fund-raiser Pierre Corbett with four counts of fraud. Corbett already procured four Quebec campaigns for money during the federal election campaign last spring, providing preferential treatment to assessing the companies' applications for government grants. But while

Corbett's admission that he knew of an RCMP search warrant for his Montreal office that was never executed. Police countered last week that they had warrants only for Corbett. Prime Minister Jean Chrétien, meanwhile, was visiting Winnipeg and rural Manitoba. After a Liberal fund-raising dinner, Chrétien brushed by reporters who tried to question him about the case.

EDUCATION

Strike showdown

Ontario's new education minister, David Johnson, announced that he will not tolerate a strike by disgruntled teachers. "There seems to be a little bit of confusion about whether the union that is being contemplated is not illegal," Johnson told reporters last week. "It is illegal." Still, Johnson said he is optimistic that talks with teachers, scheduled for this week, will help avoid a walkout. The teachers are angry over \$1,000, proposed funding which involves a string of powers from boards of education to the province, including the right to set class sizes and the allocation of education dollars. Thousands of unenrolled workers supported the teachers last week when about 15,000 marched through Windsor, the eighth city in Ontario to be hit by demonstrations against cuts to health and education. Schools and the province were closed, while daily were reported at Ontario border crossings.

A killer is jailed

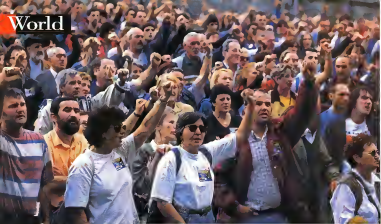
At the conclusion of an emotional trial, B.C. Supreme Court Justice Wally Oppal found Terry Driver—known as the Abbotsford killer—guilty of first-degree murder in the 1986 sex slaying of 36-year-old Tampa Smith. Driver was also convicted of attempting to murder Smith's friend, Minnie Cockrell, now 35, with a baseball bat. "I could find the words to accurately describe your horrific crimes," Oppal said as he handed down a life sentence.

Driver, who has two young children and is the son of a retired Vancouver police sergeant, snatched the girls on their way to a party in Abbotsford. He admitted roping Smith and dumping her body in a nearby river, but denied kidnapping her; instead, he claimed she was unconscious when he came across the girls by chance, and that she later died of a seizure. During a five-month investigation, Driver taunted police with phone calls. He finally eventually identified him after hearing recordings of the calls, broadcast publicly by police. Glen Orin, Driver's lawyer, said his client's actions were due to Tourette's syndrome, attention deficit disorder, hyperactivity and obsessive-compulsive disorder. Orin had argued for a conviction on the lesser charge of manslaughter. Police now plan to interrogate Driver about a number of unsolved murders in the 1980s.



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villagers scattered along their mountainous, postcard-perfect stretch of Spain's northern coast.

It began on Oct. 11 during the world cycling championship in San Sebastián, when a remote control device detonated 30 lb of explosives in a stolen car just as a Guardia Civil patrol drove past. The four police officers escaped unscathed injury, thanks largely to the fact that they were traveling in an armored vehicle. The next day, the scene of the unfolding drama moved for the first time to Bilbao with the 10,000-student march, held to protest the impending trial of the entire 39-member leadership of the Herri Batasuna political party on charges of defending terrorists and collaborating with the armed separatist rebels of ETA, an acronym in Basque for Basque Homeland and Freedom. As that trial began next night nearby in Madrid, another ETA plot was nipped in the bud at the site of Bilbao's dazzling new Guggenheim Museum of Modern Art, the latest creation in bright titanium and heavy colored linework of Canadian-born, California-based architect Frank Gehry.

Basque policeman Jose Maria Salve helped foil a grenade attack on the \$225-million museum five days before it was officially inaugurated by Spain's King Juan Carlos and Queen Sofia on Saturday. Salve and his partners both members of the elite Euzkadi, a well-trained and jacketed Basque unit, noticed a suspicious van and three apparent partners, including giant flower pots outside the museum. When the pair of policemen approached, the grenades men then opened fire with pistols and then fled, provoking a wild car and motorcycle chase through Bilbao's downtown streets before they were captured. Inside the flower pots, grenades were found.

Pre-ETA protesters: The Guggenheim in Bilbao, listed plot

police grenades, launchers and remote control detonators, suggesting that ETA was planning to hit the Guggenheim sometime during the opening celebration next week. "It would be clear to say that the king was the primary target," said the mayor mayor of the Basque regional government, Juan Maria Azkara. "But the police helped avert a massacre."

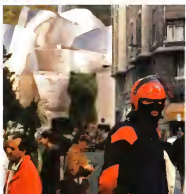
Apr. 35, the father of a nine-year-old son, just for his first job in his life. He was shot in the chest during the initial gun battle and died later in hospital. The killing was not with any in the streets of Basque country. On Thursday, 300,000 people walked silently through Bilbao, following the same route the pro-ETA demonstrators had used four days earlier. Representatives of Basque political parties, unions, police and peace groups led the silent crowd behind a banner that read "We need peace" in the Basque language.

Whether that prospect is a sight, however, remains doubtful, even among the protesters. "We've been demonstrating for 30 years—30 years—in large numbers," complained the head of the Basque regional government, Jose Antonio Urdan, as the wails of the massive Bilbao march. "ETA is not impressed by this," he said. "They will go on and on."

Recent history certainly offers no reason for optimism. Last July, 100,000 people filled the streets of Bilbao to demand the freedom of Manuel Aguilar, a 29-year-old town councillor from the village of Irujo, halfway between Bilbao and San Sebastián, who had been kidnapped by ETA. Only hours after that demonstration ended, Bilbao was found lying wounded on a roadside, with fresh bullet wounds in the back of his head. He was the 11th victim this year of the low-level but deadly warfare between ETA and Spanish authorities. Salve was the 12th.

Since ETA was founded in 1964, some 800 people have died violently in the conflict. Most—607—have been killed by ETA. Significantly, the vast majority of ET/verified fatalities—573—have occurred since the death in 1993 of Spain's longtime dictator, Gen. Francisco Franco. This has happened despite a gradual reduction of power by successive democratic governments in Madrid, upon an increasingly autonomous regional administration in Basque country. "There is no essential difference in powers between those enjoyed by the current Basque government here and that of a Canadian province, especially Quebec," maintains Alejandro Sanz Arana, professor at constitutional law at the University of San Sebastián, who spent several months last year in Ontario and Quebec studying the Canadian federal system. The main difference between the Canadian and Spanish situations, Sanz argues, is "the cancer of bloodshed and violence that, in contrast to Quebec, makes the Basque regional autonomous problems so much more difficult to resolve."

Precisely where the responsibility for that bloodshed lies to answer. The Basques, after all, have been mostly in contact outside authority since Paleolithic times. Their language, alone in Europe, predates the arrival of Indo-European tongues on the continent. And historical records indicate they were no pushover for the Romans either. Today, however, part of the answer for the Basques' propensity for violence can be found in their *kermes* dances that do the backside. "They are not of the festive grounds," says Irujo, "the place where Herri Batasuna, and by extension ETA, recruits and indoctrinates." Given the popularity of the people's pubs, the masked gunners are likely to be around for some time yet. *M*



AP/WIDEWORLD

The taverna terrorists

Basque militants target a stunning new museum

In the antique language of the Basques, they call the bar a *kermes* or *kermes*—a people's pub. It is difficult to find, buried in the basement of a crumbling building inside a women of childbed lanes deep within the old medieval quarter of San Sebastián. But it is popular, especially among a certain younger set in the beach-fringed town on Spain's Atlantic coast, not far from the border with France. The attraction, however, has little to do with either alcohol or entertainment. Rather, the bar is political. For the bar in San Sebastián, the scene of another *kermes* taverna scattered all over the Basque country of northern Spain and northern France, is where the masked men from Euzkadi, the *kermes*—better known as ETA—congregate. And it can be an uncomfortable place for a stranger to enter on a rainy night in October, only hours after the ETA terrorists have narrowly failed to assassinate four locally based members of the Guardia Civil, Spain's national police force.



ON ASSIGNMENT
BARRY CAHILL
IN BASQUE COUNTRY

"It's not a good time to ask too many questions in here," cautions the bar woman behind the bar, drawing a half-pint of Spanish draft beer. Chased to the top on the bar in front of her is a large, round, like beer, painted black, a grenade stenciled in white just above a coin slot. "For the protesters," says the bartender. Photos of the journalists in question are plastered along the walls, black and white

head shots of some of the 616 accused and convicted ETA cadres held in Spanish jails, all of them members of the group's 30-year battle to win Basque independence. They peer slowly down upon the clientele, loads of heavy young men and a few young women, grouped at the bar and a half-dozen vinyl-covered tables or shooting pool on a large billiard table. The background music is deafening. That rock is what they call it, a trademark of the *kermes* taverna. It combines heavy-bass rhythms with overly political lyrics in both Basque and Spanish, the mysterious language of the Basques. It also uses Basque—or perhaps Basque—conversations. The bar woman at the bar too looks across the bar to make herself heard. "If you want to talk to someone at Herri Batasuna," she cautions, referring to ETA's political arm, "be at Bilbao at noon tomorrow. Go to the main place. You'll find them there."

The bartender did not mislead. The following day at Herri Batasuna Plaza de Perdonen Moyas, there were 10,000 chanting, cheering people on the march, all of them vocal supporters of Herri Batasuna's high-ranking politicians and, by implication at least, ETA's armed guerrilla. That march, however, was merely one episode in an unusually turbulent week for Spain's Basque population, the two million living fiercely independent people who live in the cities, towns and fishing

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WHAT MATTERS TO CANADIANS

WORLD

under his reelection a year ago. At issue was whether Clinton had solicited Justice to return let political favors or improperly used the White House to entertain his financial beneficiaries through overnight stays at the controversial "cotton" hotel. Sen. told Congress that a year later investigation had not turned up sufficient evidence to warrant the appointment of an independent prosecutor. Then, she flipped about the tapes. Nothing in them, she said later, would have changed her mind. But it left her with a agonized criticism from Republicans like House Speaker Newt Gingrich, who said bluntly that "she looks like a fool."

It was not the first time that Reno's department has appeared in court in investigating allegations of wrongdoing in the White House. Justice department lawyers were not told about information the FBI turned up concerning Chinese campaign donations to Democratic candidates. And it was newspaper reports, not Reno's department, that revealed that Vice President Al Gore may have violated federal campaign regulations by making fund-raising phone calls from his White House office. As a result, Reno replaced the head of her investigation team with a more experienced lawyer.

The justice department is still looking into the President's fundraising activities—but its focus is narrower than it is unlikely to lead to much. Last week, Reno ordered a 60-day extension of her inquiry into exactly where and how Clinton made phone calls to donors. If he directly asked for money while calling from his White House office or other government premises, he may have violated an 1863 law that forbids soliciting funds on federal property. If he did not ask for money, or if he made the calls from other places (even his private quarters in the White House), he is probably in the clear. The law is so ambiguous that no one—let alone a president—has ever been prosecuted under it for making calls.

Almost lost in all the procedural back and forth is the substance of the issue: reforming the way American campaigns are financed. Just a few days after the first batch of videotapes was released, Republicans in the Senate used procedural maneuvering to effectively kill the more widely debated proposal to limit how politicians can raise money, a bill sponsored by Republican John McCain and Democrat Russell Feingold. Their measure would ban the solicited and unsolicited donations commonly known as "soft money," but Republicans argue that it is too restrictive. The politicians, it would seem, will talk endlessly about campaign reform—and then do nothing about it. □



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World NOTES

INDIA AND THE QUEEN

Controversy dogged Queen Elizabeth on a 10-day tour of Pakistan and India marking the 50th anniversary of their independence from Britain. The Queen was criticised for not apologising sufficiently for a 1919 British massacre of Indians in Amritsar. An aide was accused of meddling for suggesting Britain could mediate between India and Pakistan over disputed Kashmir. And New Delhi cancelled a royal speech in Madras, citing protocol.

CONGO TAKEOVER

After a four-month war among militias, former dictator Gen. Denis Sassou-Nguesso took over Brazzaville, capital of the Congo Republic. Ousted president Pascal Lissouko went into hiding, refusing to give up his title until a successor is "democratically elected, as I was." The country borders the former Zaire, now also known as Congo.

A HISTORIC HANDSHAKE

Tony Blair became the first British prime minister in more than 70 years to meet an Irish republican leader, when he shook hands with Sinn Féin chief Gerry Adams in Belfast. Angry Protestants donned rubber gloves, saying Blair was "contaminated" and a traitor.

CARNAGE IN COLOMBO

A powerful truck bomb blasted on Tamil Tiger guerrillas ripped through the business district of Sri Lanka's capital, killing 15 people and wounding more than 100. President Chandrika Kumaratunga said she was willing to continue peace talks with the Tigers if they stopped such violence.

BLAMING THE JEWS

Outspoken Malaysian Prime Minister Minister Mohamed blamed the country's economic woes on a Jewish "agenda," saying Jews are "not happy to see the Muslim progress." He had previously accused financier George Soros, who is Jewish, of deliberately hurting Asia through "immoral" currency speculation. A top U.S. official called the remarks "utter nonsense."

SOUND BREAKTHROUGH

A British car known as Thruxton became the first to break the sound barrier, setting a new world record for fastest land vehicle, in a remote Nevada desert, where Andy Green reached 1,228.49 km/h, 24 km/h faster than sound travels.



ON TO SATURN:

A rocket launching the controversial Cassini space probe pierces early morning clouds as it climbs into space from Cape Canaveral, Fla., on a seven-year voyage to Saturn. It blasted off despite fierce opposition from anti-nuclear activists, who fear the 22 kt of plutonium fueling the orbiter could accidentally scatter back to Earth when it flies by—800 km away—in August, 1995. NASA insists the risk is less than one in a million. The \$4.7-billion Cassini mission, the most ambitious NASA exploration in the last of the agency's big-budget projects. The spacecraft is to tour Saturn and its moons for four years beginning in July, 2004. It will also drop a European-made probe on Titan, the largest moon.

A call for action on Algeria

The brutality that is terrorizing Algerians continues last week: snatched the village of Fijel, west of Algiers. A group of men claiming to be from the militant Armed Islamic Group rounded up residents after nightfall and asked who in the group had not yet agreed that evening. When two adolescents bravely refused their heads, the militants slit their throats. A third man, known in the village as someone who did not put any religion, was also shot, according to a witness.

An Oct. 22 local election was held, Islamists appeared to be stripping up a campaign of assassinations in a war that has killed more than 75,000 people in the past five years. Just two

days before the Fijel attack, more than 30 people were murdered when rebels stopped a bus at a false road block near the Mersenne road. Shortly before, assassins stopped an ambulance on the same road, snatching the throats of a nurse and a midwife in the vehicle. The government in Algiers admitted its security measures weren't working. Amnesty International, Human Rights Watch and two other international groups called for a UN-led probe of abuses in the country. "People have been killed behind a virtual wall of silence," they said in a statement. U.S. Secretary of State Madeleine Albright ordered officials to renew what Washington could do.

Alberta's Klein in hot water over China

On a visit to Beijing, Alberta Premier Ralph Klein provoked anger at home by urging Canadians to join the 1989 Tiananmen Square massacre behind them in dealings with China. "If you want to keep living and refining those events, then I guess nothing will be accomplished," Klein said after meeting Chinese economic planners. "In China, very few people forget about it," countered University of Calgary and politician Alan Sweet, "and people elsewhere should not forget." Klein, on his eighth trip to China, signed an accord expected to bring Alberta at least \$100 billion in new business in the next 10 years. Alberta-Chinese trade reached \$1 billion last year.

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Millennium mayhem

BY JOHN SCHOFIELD

Bob Jensen is willing to take at least some of the blame. As an earnest young computer programmer at CN Rail in the early 1990s, he manually coded the company's massive IBM mainframe with punch cards that used two digits to denote the year. Deep within the computer's coding, warning mechanical wind, 01 meant 2001 and 02 was 2002. Jensen was following common practice at the time. Memory was scarce, and updating two digits instead of four saved money. But Jensen and others failed to realize they were setting the stage for the largest business fiasco years "The prelude" when calendars flip from Dec. 31, 1999, to Jan. 1, 2000, most computers will read 00 and won't know what to do. Unless the code is corrected, many will perform inaccurately, and others could shut down completely. "It would be totally disastrous, absolutely mind-boggling," says a consultant at *Interact*, a firm that is now leading the Royal Bank's fight to fix the so-called year 2000 problem by installing a four-digit year code. "Those of us who wrote computer programs in the old days never thought they'd be in operation by 2000."

Call it the ultimate average of the cards. Computers, which were supposed to make modern lives so easy, are suddenly causing mass anxiety. With the advent of truly only 26 months away, businesses and governments are waking up to the full range of potential calamities. Electricity could be interrupted, telephone networks might collapse and airline flights could be grounded if scheduling programs for pilots and airport crews go on the fritz. Social insurance checks may be delayed—if the mail is moving at all—and automatic teller machines could grind to a halt. Elevators, thinking they have not been inspected since 1990, may descend to the ground floor and shut down.

Known in tech lingo as the Y2K crisis (Y stands for year, and K for 1999), the problem threatens to reach into the remotest corners of Canada. Some experts believe that Microsoft hardware is innocuous because it is set to run the year 2040 not 2000. That's after personal computers may exceed the date—though most will keep running. Experts are advising consumers to check with manufacturers to make sure their equipment can handle the year 2000, especially data-sensitive software such as personal finance programs. Computers are not the only culprits at risk. Any device with programmable calculations, such as video-cassette recorders, could malfunction. Some will work properly again by setting the year back to 1972, which happens to have the same calendar dates as the year 2000. Other machines could simply go haywire.

How did the yikes go? Peter de Jager, a consultant from Brenton, Ont., who has crisscrossed as the world's leading Y2K evangelist, argues that executives and politicians are more to blame. With their non-technical backgrounds, they simply failed to take the problem as seriously despite warnings dating back to 1969 from their information technology firms.

The cost of changing out the so-called millennium bug could reach \$820 billion worldwide, according to the Gartner Group, a Connecticut

Envision data at a Canada Post sorting plant; pilots prepare for takeoff (below); governments and companies are running out of time



The world is racing to avert a computer disaster



based computer consulting firm. In Canada, de Jager predicts, the final tally could total \$10 billion, with time and labor accounting for most of the money. Businessmen predict companies will be so hard-hit by the expense that their stock prices will plummet and the world economy will be cast into recession. John Westergaard, a U.S. technology commentator, takes the computer-chaos scenario one step further: he asserts that Americans, desperate for renewed prosperity, will elect software mogul Bill Gates as president.

Despite the doomsday predictions, too many Canadians remain complacent about the problem, says de Jager. 40 He sounded the alarm in a 1990 article published in *ComputerWorld* magazine, a U.S. weekly. Many companies and politicians are still holding out hope for a magic solution, but there is no other ball, he says. "This is a study in denial," says de Jager. "All of people still believe that this won't be a problem."

Governments have been the slowest to respond. Earlier this month, federal attorney general Dennis Donselaar slammed Ottawa for dragging its heels, saying it may already be too late to prevent the disruption of critical services such as unemployment insurance payments and search and rescue missions. As of last April, only a third of the 50 government departments surveyed by the auditor general's staff had completed their plans for tackling the issue, the report stated. Donselaar pegged the cost of the work at about \$1 billion or more. "They're all running against the clock," he said.

Canadian companies are only slightly ahead of the bureaucrats. To boost their efforts, the federal department of industry formed a year 2000 task force last month headed by Jean Malpue, CEO of BCE Inc. It has been asked to report on the problem by May 1999.

The group's toughest job will be bringing small companies up to speed. Right now, they are in the worst

shape, says Jean Allan, the managing director of year 2000 services for Montreal-based DMR Consulting Group Inc. In the age of "just-in-time" delivery, that is bad news for large corporations, which often rely on smaller suppliers to provide critical components.

The country's major banks are further ahead. Even de Jager says he is confident the banking system will be operating normally when the millennium arrives, and such basic functions as calculating interest on mortgages, REBPs and term deposits will not pose a problem. At the Royal Bank, says employees began mobilizing in early 1999. The bank expects to spend about \$100 million to fix its 60-million lines of computer code. "It's obvious work," says Jensen. "The correcting itself is not very difficult. It's just the sheer magnitude of the task."

Despite all the hard work, there is no guarantee every glitch will be avoided. The deadline is simply too close. At Canada Post, where executives expect to spend at least \$75 million to repair work, chief information officer Gilles Parley vows to keep the mail moving. "We're repairing computers as we go," he says, "but not one step more than that." At Air Canada, spokeswoman Nicole Costeau-Semard largely promises that planes will not sit on the tarmac, and says the situation will be under control by 1999. The business line at IAC Tel is to make sure that flight lines keep clearing, says year 2000 program director William Lan. "But we just don't have time to solve everything."

If the overruns are serious enough, companies could end up facing a flurry of lawsuits. Last month, a Detroit truck and vegetable store launched what is considered to be the first nationwide class-action lawsuit. In that case, *Intervest Inc.* v. *Frederickson Inc.* for \$10,000, claiming the cash registers it was supplied with crashed frequently because they were unable to process credit cards expiring on or after the year 2000.

Besides lawyers, the bug's major beneficiaries are programmers and consultants. "For many of these companies, there's going to be a real bonanza in revenue," says Parley at Canada Post. Besides the revenue, the scarcity of qualified programmers could push salaries up by 30 per cent to 50 per cent in 1998 and 1999.

Despite the enormous expense, some experts claim the cost will be a bargain when compared with the money saved by describing years with only two digits. A recent study by James Cappel and Lena Koppelman, two U.S. business professors, estimates that between 1990 and 1993 companies that used the two-digit year typically saved over \$1 million per gigabyte of information stored. Large companies at the time usually stored tens or hundreds of gigabytes. If invested, the return on those savings over the same period would have been \$12 million per gigabyte, the professors estimated.

De Jager says executives who consider the numbers without business reality are seriously deluded. If anything, the worst is yet to come. Because the time for repairs is so short, he says, many companies are sticking with two-digit year codes and making minor adjustments that will allow computers to operate for another 20, 30 or 50 years. However, not all firms are choosing the same time frame. "We're recalculating the problem, even as we're doing it," says de Jager. "Very frankly, it will be agreed and across the industry, without us knowing when systems will fail." Sooner or later, the problem is bound to be solved—but, at this rate, it may take until the year 2000. □



BUSINESS

The 'quiet' Nobel

A Canadian shares the economics prize

Retired Hamilton entrepreneur Max Minns can still recall the two teenage boys. Following the death of their mother in 1956, David and Myron would often visit Minns's diner, the Chicken Roast, brought by their father, dentist Jess Scholes. Minns got to know them well, and loved them. Myron's older brother, David, was the smart one, recalls Minns. "I thought he was going to take the place over," Myron, his younger brother, was bespectacled, timid, and always seemed preoccupied. "He was a nice, quiet boy," says Minns. Last week, Minns was shocked when he learned the upcoming Myron Scholes was named co-winner of the Nobel Prize in economics. His achievement, in 1973, Scholes, who was teaching at the Massachusetts Institute of Technology in Cambridge, Mass., and fellow economist Robert Black, produced a virtually airtight formula for valuing complex financial deals. Today, their work underpins the trillion-dollar options and derivatives industry. Scholes is still surprised at the profound impact of his discovery. "I never expected the widespread use of the model," Scholes told Marlan's "I have been very gratified."

Scholes, 56, a partner in an investment company and professor emeritus at Stanford University in Palo Alto, Calif., shared the \$1.6-million prize with Harvard economics professor Robert C. Merton, who refined the formula. Black died of lung cancer in

1995, but today the Black-Scholes equation is routinely punched into computers at institutions as diverse as the Toronto Stock and Winnipeg Grain exchanges. It has brought so much stability to the financial markets that analysts believe it has actually prevented recessions.

Scholes's unusual work won the optima award. Simply put, an option is a contract giving the owner the right to buy or sell a stock or bond for a prearranged time in the future. But before 1973, establishing that price had always been left to guesswork, making investing in the products highly dangerous. The Black-Scholes formula, however, removed most of the uncertainty by taking into account a number of factors, including stock volatility, the underlying share price and interest rates. "It was a major insight," says Itzhak Kreselky, a professor of business economics at McMaster University in Hamilton. "They discovered that if you bundle specific securities together they will perform in a certain way."

Scholes was born in the northern Ontario mining town of Timmins where he spent the first 10 years of his life before his father moved the family to Hamilton. In 1961, he

Scholes' success for allowing a formula credited with preventing recessions

graduated from McMaster University with a degree in economics and received his PhD from the University of Chicago in 1968. Michael Sole, now chief of cardiology at Toronto Hospital, grew up with Scholes in Timmins. In the early 1970s, Sole received a fellowship to MIT, where Scholes was then teaching. The two men renewed their friendship and launched a company that sold high-efficiency air purifiers. Despite Scholes's growing reputation as one of the world's best economic minds, they were soon squeezed out of business by a larger firm. But Sole says he was not surprised when his old friend won the Nobel. "Myron suddenly found his love, and that was business and economics," recalls Sole. "He changed from being a good student to someone who became a great mind."

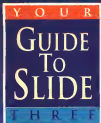
Today, the results of Scholes's genius can be found everywhere in high finance, including the so-called derivatives market. When banks, for example, want to buy a foreign currency, they will often protect themselves against potential losses by hedging the currency against a second security or another asset. To determine whether the investment is sound, they routinely plug the numbers into the Black-Scholes model. But its use is not restricted to financial markets. At the Winnipeg Grain Exchange, the formula is also used to establish the underlying value of a commodity. "Almost anyone who is trading options," says Steve Ross, vice-president of derivative trading at the Toronto Stock Exchange, "is using the Black-Scholes model. It is fundamental to our ability to provide a fair market to investors."

The Black-Scholes equation has also made Scholes and Merton extremely wealthy. Both men are founding partners of Long-Term Capital Management LP of Greenwich, Conn. The firm uses the Black-Scholes equation to make investment decisions for a highly successful three-year-old hedge fund it operates. So far, Long-Term Capital has generated more than \$1 billion in revenues, making the two men among the richest Nobel laureates, even before dividing their \$1.4-million award. Scholes plans to give some of his money to help fund the MIT chair that bears Black's name.

Scholes is still refining his formula and hopes to broaden its use. "I went from my research and teaching phase," says Scholes. "Now, it is my implementation phase." Not bad for a shy teenager from Hamilton.

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Start with a cleanser that's formulated for your skin type, then follow with a toner. The toner gets rid of any last bits of dirt the cleanser missed, plus it tightens your pores and gives your skin a nice, refreshed feeling.

Next, **you** moisturize. Why bother? Because your skin loses moisture every day and if you don't moisturize, it'll get dry, flaky or irritated. Remember, you need moisturizer even if your skin is oily.

Check out: **Azzurro Lab Series**, **Ralph Lauren's Polo Sport Water Rescue** or **Chiquet's** male version of its famous 3-step skin care program, featuring **Soap**, **Scrubbing Lotion** and **M Lotion**.

If you have super sensitive skin, or a tendency towards dermatitis, another option is **Getagil's Cleanser** and **Moisturizer**, formulated without irritating ingredients and designed for maximum gentleness.

In general, it's a good idea to look for products that are hypo-allergenic and fragrance-free — just read the labels.

as time goes by

It's sad, but it's certainly true — you may not feel that you're getting older, but **your skin tells the world you are**. What you need is something to refine your skin, in other words, get rid of the old dead cells on its surface and reveal the healthy, **new skin underneath**.

You've likely heard about alpha hydroxy acids (AHA). Products formulated with this ingredient work by encouraging the skin to renew itself; the top layer is exfoliated naturally. **Face Therapy AHA Moisture Formula** is a good one to try.

Or, you can opt for **Chiquet's Paramount Cream for Men**. This product has a colloidal acid formula, which is a peeler — it exfoliates all the dead cells at once, so wrinkles aren't as obvious.

Dior



Essence of freedom



Two

Christian Dior
PARIS

shaving savvy

Do your skin a **big favor** and throw away that alcohol-based after-shave you've been using for years. Your skin is already irritated from the razor, and you're just adding insult to injury.

So give it a break and treat it to a soothing after-shave balm or lotion. There are lots of them around — you might try **Red Earth's Men's After Shave Balm**, **Classe's Post-Shave Soother** or **California North's After Shave Care**.

Still craving the alcohol jolt? Stopw's got **Shave Balm Relief**, and **Coaling Men's Aftershave Treatment**, which not only moisturizes and soothes, but gives you the cooling sensation of alcohol without irritants.

body basics

Winter is coming and you'll have to contend with the drying effects of harsh winds and central heating. **Don't just sit there and scratch** — switch from soap to a **moisturizing body wash** or gel for your morning shower.

backs will be smooth and itake free. While you're at it, massage some into your cuticles, too.

If your hands are really red and chapped, use a rich, **moisturizing hand cream** at night. You'll see a big difference in the morning!

Ground in dirt at your knuckles and around your nails? Get rid of it fast by scrubbing gently with a **soft nail brush** and **mild facial cleanser**. But do go easy on these sensitive areas.

sunny days

By now, just about everybody knows about the harmful effects of the sun's **UVA/UVB rays**. But did you know that sun exposure is cumulative?

You don't have to be in a beach or full sunbather to experience **sun damage**. That's why it's crucial to wear **sunscreen** (experts recommend a minimum SPF level of 75) every time you go outside, even on a cloudy day.

Many body and hair care products are formulated with a **built-in sunscreen**. While they can't replace regular sunscreens, you might consider using them for **added protection**.

mail it!

The best-looking nails are clipped straight across the top and then gently shaped with an emery board. Cracked, split or broken nails do not make a good impression, so take care of the problem: **right away**. Brush on a red nourisher or strengthening — they do work — and are either totally invisible or leave a light, attractive gloss on the nail.

Get rugged cuticles? No matter how much you've trimmed, they'll chip, cut or bite their way off. You just risk them getting ingrown or even infected. Get some cuticle cream, rub it in, then push the cuticles back with a Q-Tip.

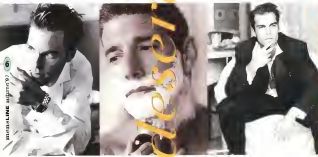
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If you're still dry, a little **body lotion** applied while your skin is still damp will soon take care of it.

Broadstone works most effectively if it's applied to dry skin, so have breakfast or a cup of coffee before you perform this last, **essential step** in your body care routine.

Don't forget that many fragrances have matching bath and body lines that include lightly scented shower gels, moisturizers and talc. Just stop by your favorite fragrance counter.

Hands up

Next to your face, **your hands** are the most visible part of your body. You want to hide them if they're dry, itchy and chapped. But if you'll follow these tips, you won't have to!

Take a minute morning and night to rub in some water-based **hand lotion**. It won't leave a greasy feel, and your



free spirit

Is the mood for adventure? Ready to take on the world? Auster is a strong, masculine fragrance that keeps up with you every step of the way — it's the key to a whole new world of possibilities.



back to your roots

If you're a free-spirited non-conformist who goes his own way, regardless of what others say, Dune for Men is for you. The green, aquatic, woody fragrance takes its inspiration from the serenity of nature.



easy living

Lauder Pleasures for Men, the sparkling new spirit in men's fragrances. It's cool and refreshing, with an invigorating hit of tangy spices and the warmth of woods. So ease into it — you'll be glad you did.

✓✓ Use your convenient aerosol: don't choose a heavy, very fragrant for daytime use for a light, subtle scent instead.

✓✓ Don't pour it on: remember, you can always add more, and a little goes a long way.

✓✓ Look into the bath and body products that match your favorite fragrances. Chances are, there'll be a bath gel, moisturizer and hair, maybe even after-shave balm and deodorant. Using these in conjunction with your eau de toilette or cologne is called fragrance layering, and it makes good sense. Not only will your fragrance last that much longer, but the effect is more intense.

✓✓ If you opt for the fragrance layering route, do stick with the product line that complements the fragrance you're using. This is not the time to mix and match!

✓✓ Get dinner plans after a hard day at the office, or after your weekend? Don't just spritz an extra ounce of toilette and hope for the best. Take the time to have a shower first, so perspiration and fragrance definitely do not mix.

✓✓ Off to a fast game of touch football, or playing a like in the woods? Consider going without eau de toilette or cologne. Just use your fragrance bath and body products for a subtle, yet definite effect.

✓✓ Good fragrance can be expensive: It's worth it, so protect your investment by keeping it in a cool, dark place and, once it's opened, try to use it up within about a year.



feel good fragrance

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blend away gray.



men's hair changed in the last 20 years. Recent studies on men's grooming habits show that men now spend 50% more time on their appearance than they used to and that they also buy three times as many products. Currently there are more men interested in haircare products than ever before.

application and a rinsing tray for easy cleaning. Available in five new natural looking shades, it completely covers gray by blending into your natural hair color. No one will notice that you color your hair. And since it's ammonia-free, Men's Choice gives you consistent, long-lasting, natural-looking color to ensure the same results from one application to the next.

Thanks to a new one-step gel formula, Men's Choice is easy and quick to apply and works in just five minutes. It is so simple to use it shows you and provides deep conditioning for your hair and look and feel noticeably fuller and thicker than before.

For more information on Men's Choice® or other men's haircare products from Clairol®, call 1-800-GLA1002.

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In the line of men's haircolor products, Clairol also offers a unique solution which gradually blends away gray hair, called Fusion by Clairol. It's a natural, easy-to-use haircolor that works in minutes to achieve the natural look you want.

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time will always tell

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to the depths

Once again, James Bond is relying on his Omega Seamaster Professional Diver below in his latest adventure. Titanium Never Best. The major highlight is equipped with a self-winding, chronometer certified movement. helium escape valve and titanium coated stainless hands. Water resistant to 300 meters. \$2900.

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The latest Rado philosophy to create beauty that stays beautiful guided the development of the new Chronograph. Its lasting beauty is due to the use of scratchproof materials such as titanium-carbide, hardmetal and nearly diamond-hard sapphire crystal. The all new Rado Diagonale Chronograph is equipped with a state-of-the-art quartz movement featuring 1/100th second display, intermediate and lap timing, digital date, semi-perpetual calendar, day/date window scale and alarm function. The bracelet is made of scratchproof hardmetal, contributes to the excellent and comfortable look. \$3000.

entertainment



W

hether it's long, short, or somewhere in between, your hair makes a statement about you and creates a strong first impression. In fact, enhancing your image can be as easy as changing your basic hair style or coloring your hair. And with today's advanced products, men have more options than ever. It's a question of style.

Q. I remember my father coloring his hair, and it didn't look natural. Now that I'm starting to go grey, can I colour my hair and still have it look natural?

A. Yes, thanks to the latest advancements in haircolor technology developed by the makers of JUST FOR MEN®. JUST FOR MEN® haircolor keeps your natural color while it blends away the grey. And, its special conditioning formula leaves your hair healthier looking, fuller, and easier to manage.

Q. I've never coloured my hair before and am worried I won't get it right. Should I go to a salon or can I colour it myself at home?

A. If you can shampoo hair you can colour your hair with JUST FOR MEN® S-Mane Shampoo in Haircolor. It's the fastest, easiest formula that you simply lather in. And in the time it takes to

shower or shave, your grey is gone.

Q. How do I make sure I pick the shade that's right for me?



Q&A's about men's haircolouring



Q. It's almost always better to go a shade lighter than you think you need—you can always go darker the next time. That's because as men age, the tone of their complexion often changes and lightens up. So a slightly lighter shade of hair color is usually the most natural choice.

Q. How long should I leave on the hair-color formula?

A. The most important advice is to read, but to read and follow the directions.

Manufacturers of men's haircoloring have tested and re-tested their products, so the timing they suggest is the timing that will give you the best results. JUST FOR MEN® gives you total flexibility. It comes with complete instructions that enable you to get the look you want from a subtly blended colour enhancement that just tones down the grey to a full, rich, colour-intensive shade. With JUST FOR MEN®, you're always in control.

Q. How often should I colour my hair?

A. The general rule of thumb is to wait 4 to 6 weeks between applications or whenever the grey begins to show up again. The actual timing depends on such variables as the type of hair you have, the style, and how often you wash it. Obviously, it's really up to you—how can colour your hair when grey starts to reap-pear and you think it needs it.

Q. Can I keep some grey at the temples or temples?

A. Yes. JUST FOR MEN® is made to give flexibility. Simply apply to those areas last and wipe away moisture right away.

Q. Do I need a special shampoo?

A. No. Use any mild shampoo you like. Do not use bar soap. All haircoloring may be affected by too frequent use of harsh shampoos and bar soaps, which can strip out colour and cause fading.

Q. My beard has turned grey before the hair on my head. Can I use haircoloring on my beard and mustache?

A. Yes—but you may not get the results you want. That's because facial hair is typically coarser, thicker, and harder to penetrate than the hair on your scalp. And the reason your beard has gone grey before your hair is because the greying process usually moves "up" the body—starting with the chest hair, then facial hair, and finally to the hair on your head.

The good news is that now there's a product made specially for coloring your beard, mustache, and sideburns called JUST FOR MEN® Wash-In Colour Gel. It's specifically formulated, and is ideal for blending away grey or evening out "patchy" colour on your beard, mustache and sideburns.



JUST FOR MEN

Shampoo-In Haircolor and Brush-In Colour Gel available in matching shades from light to dark.

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room. There are on-snow parties, ski and snowboard races, contests for crisy costumes, and incredible rock 'n' roll concerts — music under Canada's winter skies.

There are National Ski and Snowboard Week deals as well, on lifts and lessons and rental packages. NSW presents fabulous opportunities for snowiders and wannabes. If you have yet to try skiing or snowboarding, January 17-25, 1998 is an excellent week to give it a go. Discover Skiing Beginner Packages, offered at a variety of ski/snowboard areas across Canada, feature all-inclusive lift, lesson and rental packages for both skiing and snowboarding — all to help you learn to ride and slide.

The best thing to do is call an arm near you and find where the party is during National Ski and Snowboard Week, January 17-25, 1998.

Don't be shy. Give skiing and snowboarding a try!

NISSAN PATHFINDER SUPPORTS CANADIAN SKIING AND SNOWBOARDING

It's wild and fun, an inside party under the sun. It's National Ski and Snowboard Week (NSW), Canada's annual celebration of snow January 17-25, 1998.

For eight days each winter Canadians gather at resorts across the country to revel in the one thing we've all got in common: snow. They say if you can't beat 'em, join 'em, and National Ski and Snowboard Week (NSW) is the perfect place to start.

Sponsored by Nissan Pathfinder, NSW events take place all week long at a whole host of Canadian alpine and cross country

The Canadian Ski Council welcomes a new relationship with Nissan Pathfinder "the official vehicle of the CSC," and supporter of CSC's exciting 1998 ski and snowboard programs.

It's a relationship dedicated to providing opportunities for Canadians to discover skiing and snowboarding. Nissan Pathfinder and the Canadian Ski Council are working together to present a fabulous roster of events and programs — all to celebrate snow.

Festivities will kick off January 17, 1998 with the official opening of National Ski and Snowboard Week — eight days of concerts, theme days, and great discounts on skiing and snowboarding.

Nissan Pathfinder's support also helps pioneer Discover Skiing & Snowboarding packages to Canadians — learn-to-ski programs that include lift, lesson and rental programs at ski and snowboard resorts across the country.

Welcome Nissan Pathfinder, and welcome Canadians to one of Canada's best-loved winter sports. It's a celebration of snow!



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Deirdre McMurdy



The Bottom Line

Taking on the banks

Duff Conacher has an impressive pedigree. His grandfather and great-uncle are the legendary Canadian sports figures Louie (Big Train) and Charlie Conacher or, like father, like son: a successful Toronto retailer. His older brother is an investment banker with First Monarch Securities. He has degrees in literature and law. He is tall, athletic and, precisely, blond.

But rather than taking his rightful place on Bay Street or on the golf links, Duff Conacher has embarked on a different path. After alternating with U.S. consumer advocate Ralph Nader as the late 1980s, he returned to Canada. In 1993, he started Democracy Watch, a small, privately funded group dedicated to protecting consumer rights at a time when they have fallen from the public agenda.

For the most part, consumer concerns have largely been reduced to a national still in Canada. At the end of every fiscal quarter, there is a brief flurry of national magazines, short, snoring back pages. Every long weekend, from Victoria Day until Labor Day, is marked by groaning about spikes in the grocery gasoline. Earlier this month, Ontario Premier Mike Harris pledged to investigate "rogue" in the gas pumps. Last Christmas, with a federal election on the horizon, a group of 150 MPs protested high service and interest rate charges on credit cards. But for the most part, there has been little action following the rhetoric.

Nevertheless, the 34-year-old Conacher is answering in his conviction that balance must be restored at a time when business in its most basic sense and government has abdicated its traditional role as the protector and watchdog of "real society." As both federal and provincial governments have slashed budgets and downgraded authority, consumer concerns have been shifted to the bottom of the deck.

There are several reasons for that. First, in a relatively small, far-flung market, market groups like the Consumer Association of Canada have traditionally relied on govern-

ment money. After a time of extreme fiscal restraint, that funding has now dried up. Furthermore, as Conacher notes, it is easy to ease political capital by pointing to cuts and savings, but it is virtually impossible to quantify the value of things like consumer protection.

At the same time, there has been a pronounced shift towards privatization and deregulation, a belief in the virtues of unfettered free market capitalism has dominated the recent restructuring in the private and public sectors. Now, when politicians are confronted by grassroots outrage about bank service charges or increased gasoline prices, they exhibit consumers to "shop around."

The underlying assumption is that consumers are sufficiently astute to compare products and services. But, Conacher says, that assumption is false. Conacher maintains that even a minimalist government needs to ensure competition in the market, a role that is not being adequately filled today.

Specifically, he points to his most passionate peeve, bank service charges. Conacher claims that consumers cannot accurately compare costs because there is no standard industry reporting and banks are not required to disclose profit margins from their retail business. That makes it hard to "shop around."

To better inform and organize Canadian consumers, Conacher is now lobbying Ottawa to adopt an idea that has already been successfully used by U.S. consumer groups. He wants the federal government to force the banks to include a Democracy Watch information flyer in their mailings to bank customers. His organization would pay for the flyer postage—the banks would have to cover the postage at no additional expense.

Conacher concedes that it is almost as tough to pull Canada's few small consumer groups together as it is to tackle the banks. However, he says, "people are starting to see the flaws in the existing system." Perhaps another round of record bank profits—estimated for 1997 will be out next month—may help them to see those flaws a little more clearly.



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OPEN SEASON ON BRE-X

An Alberta court voided the assets of Bre-X Minerals Ltd. after lawyers representing shareholders successfully argued that the fallen gold-mining firm had failed to start drawing a reorganization plan. Calgary-based Bre-X was under court protection from its creditors until the end of October to file such a plan. The decision opens the way for lawsuits against Bre-X to proceed.

BLACK GIVES UP THE POST

Media baron Conrad Black agreed to sell his 15.9-per-cent stake in The Financial Post to Toronto-based Sun Media Corp., owner of the Sun group of newspapers. This deal was estimated at between \$20 million and \$25 million. Black earlier attempted to buy control of the Post, but Sun Media refused to sell its 50.2-per-cent share.

COTT SALE CONSIDERED

The Pearson family of Toronto said it is considering the sale of its \$325-million, 28-per-cent interest in Calt Corp., one of the world's largest private-label soft-drink makers. Analysts said the news indicates that the health of Calt CEO Gerald Pearson, operated on in May to remove a brain tumor, is declining.

A DEATH AT COCA-COLA

The Coca-Cola Company's board of directors was expected to meet late this week in Atlanta to choose a successor to chairman Roberto Goizueta, who died over the weekend of lung cancer at the age of 66. During Goizueta's 16 years at the helm, Coca-Cola's market value rose to almost \$213 billion from \$5 billion. President Douglas Ivester is expected to get the job.

OILPATCH PUNISHMENT

The Ontario Securities Commission banned Gregory Novak, CEO of Calgary-based Canadian Oil Energy Corp., from trading stocks for one year, but cleared him of insider trading charges. The case involved trading in shares of Morrison Petroleum Ltd., shortly before Canadian Oil attempted an unsuccessful takeover in January.

FILMS AT THE FORUM

AMC Entertainment Inc., one of the world's largest exhibitors, announced that it will spend \$70 million to convert almost half of the Montreal Forum into a 30-screen theatre. The 7,300-seat megaplex would be the firm's biggest.

A record \$39-billion cash bid

The battle to dual one MCI Communications Corp., the second-largest long-distance carrier in the United States, increased last week when GTE Corp. offered to pay \$39 billion for the company—the largest all-cash takeover offer in U.S. corporate history. Earlier this year, British Telecom PLC offered \$27 billion for MCI. GTE's bid appeared to kill British Telecom's takeover attempt, but it still faces a formidable foe. On Oct. 1, telecommunications upstart WorldCom Inc. of Jackson, Miss., offered an all-share bid worth \$43 billion for MCI and appeared to be well on its way to snailkilling MCI when GTE entered the fray.

WorldCom, headed by former Edison-Ivanhoe native Bernard Ebbers, has taken over nearly 40 rival firms since its creation in 2003, paying for each deal in WorldCom shares. But unlike Ebbers's hostile bid, GTE chairman Charles Lee wants to engineer a friendly merger in which GTE, MCI and British Telecom would come together to form a telecom



GTE's bid, trying to achieve a friendly merger

monetization giant with \$550 billion in annual revenues. MCI's board of directors said they would consider any offer over the next week and decide whether Ebbers's offer will be worth more in the long run than accepting GTE's cash.

Claiming foul play

Just as Canadian cable television companies were celebrating the launch of 16 new specialty channels, their rivals in the broadcast sector accused them of unethical and unfair practices. According to documents filed by the specialty channels with the Canadian Radio-television and Telecommunications Commission, the cable companies gave preferential treatment to services in which they have an

equity interest. The broadcasters also claimed they were being unfairly charged \$2 million in up-front fees just to be given access to the cable network and first-entire programming were being moved to channels inaccessible to many subscribers. Richard Stenberg of the Canadian Cable Television Association denied the allegations, but Jean Lacom of the Specialty and Premium Television Association said the cable companies were engaging in "arbitrary activities" prohibited under the Broadcast Act.

FINANCIAL OUTLOOK

Canada is losing ground in the worldwide race to boost productivity, the Conference Board of Canada reported. The Ottawa-based think-tank said Canada is capably weak in terms of training and education when compared with six other Western nations it studied.

The United States, Japan and Norway are increasing their lead over Canada, the board said, while Germany, Australia and Sweden are catching up. Canadian manufacturers saw August shipments decline 2.3 per cent from the month before to \$36.5 bil-

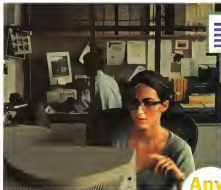
lion, reversing July's strong increase. Tourism showed continued strength in August.



Americans made 3.1 million trips to Canada in one night or more, the highest number since February 1988.

"Consumers are going to have to change significantly if they are going to maintain their standard of living in the 21st century."
—Conference Board

"Despite soft manufacturing numbers, unfilled orders continued to rise. And on a year-over-year basis, new orders are still running at an impressive 7.8-per-cent pace."
—Anshuti Bains



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Take the smart productivity tools of *Microsoft® Office 97*, hardware them to the world's greatest repository of ideas, information and sheer hassle-debze, and put the Web into your work. With Office 97, you don't leave your document to search the Internet. It's already there. So you're ready to drag and drop Web information into your work using tools you already know. Pour stock quotes from the Web into your Microsoft Excel spreadsheet—and the next time you open them, they're updated. You can drop a Web link into your e-mail or Word document that will send your readers straight to your source. And with more than 100 million Web sites out there, Office 97 cuts through the chaz with Web Find Fast, letting you find an important site without having to leave your work. To find out more, browse on over to www.microsoft.com/office/.

Anyone can browse the Internet.
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Shopping without worries

New security advances may lead to a boom in purchases via the Internet

Carlos Salgado Jr. convinced himself he could protect his credit-card cards on the Internet. Last May, the 36-year-old unemployed Colville, Wis. hacker, using an ordinary computer in his parents' modest home, stole 100,000 credit-card numbers, with a combined credit limit of more than \$1 billion from an Internet service provider. But Salgado—who goes by the name "Smink" on the Net—stumbled into big trouble. He tried to sell some of the credit-card numbers for \$100,000 to an undercover FBI agent. Now, he is facing a lengthy prison term after pleading guilty to the crime in August. Sentencing is in November.

Salgado was a crack snatcher in the underworld of cyberspace—but even he could snatch credit-card numbers on the Net. Now, under so many Web users are reluctant to send their personal financial information over the Internet. More than three out of four Canadians who use the Internet suspect that it is not safe to shop in cyberspace with a credit card, according to a 1996 survey by A. C. Nielsen and the Ottawa-based Norbury Group. But despite the high-profile Salgado case, industry observers think credit-card numbers on the Internet is rare.

It is riskier to give a credit card to a waiter in a restaurant than send it through the Internet to a virtual store, says Rick Broadhead, a consultant and co-author of the 1996 Canadian Internet Handbook. "You have a greater risk of getting hold up at the corner store," Broadhead says.

Yet perceptions, in this case, is more important than reality. The widespread belief that the Internet is not secure for credit-card purchases is the biggest barrier to an explosion of Internet shopping, according to Broadhead and other industry experts. Although one-quarter of Canadians use the Internet right now, only 1.3 percent have ever bought anything on the Net, according to a survey by TWA Consulting



Shopping on the Net: widespread concerns about credit-card security

Services Inc., a firm that advises financial institutions on payment systems for electronic commerce. Internet purchases mostly computer-related products, have jumped from nearly zero two years ago, but "breaks through growth" will only occur when card-carrying Canadian shoppers know that "large, trusted financial institutions" guarantee the security of their credit-card purchases, says TWA president Thomas Alden. "When that happens, it will take Internet shopping through the roof."

That day could be sooner than many people think. The world's two largest credit-card associations, Visa and MasterCard, are testing new, super-secure procedures to make credit-card purchases on the Internet

as safe as purchases in a regular store. The new security protocol—called SET, or secure electronic transaction—has been developed by the credit-card giants with the backing of major players in the computer business, including Microsoft, IBM and Netscape.

SET heightens security in two ways. First, it verifies the identity of the buyer, the client and the merchant. Each of the participants in the SET protocol still be required to have a digital ID, called a digital certificate, that will be included in SET software. The digital fingerprint will give criminals little chance to set up a fake store or use a stolen credit-card number on the Net. Second, sensitive financial information will be encrypted in such a way that the merchant will not see the credit-card number, but will merely print it on to the bank, preventing hackers from stealing credit-card numbers from a merchant's Web site.

Some critics complain that SET is a highly technical answer to a problem that exists only in the minds of nervous consumers. What's more, SET's backers still have to figure out how to deliver a digital ID to millions of potential Internet shoppers. Yet Michael Maori, president of the Internet store company CyberCinema, Inc., is convinced that SET will give a huge boost to Internet shopping. He thinks it will not only reassure customers but will also encourage merchants to set up new Internet stores.

Others are more skeptical. "Let's face it," says Randy Scotland, vice-president of communications for the Retail Council of Canada. "The Internet cannot replace the one-stop shopping experience." People still like to wander through malls on a Saturday afternoon and touch the things they are going to buy. While they might like buying books and computer software on the Net, the medium has its limitations, he insists. He fears the security fix is over-engineered, "difficult to try on a new shirt or shoes on the Internet."

SARAH SCOTT

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Peter C. Newman

Economic terrorism in a Moscow hotel

The fate of a Moscow luxury hotel, half-owned by an obscure and secretive Halifax company, will determine how much more investment the Russians can expect from Canadian firms. The idea was near the top of Jean Chrétien's agenda during his four-day visit to Russia, which began last Saturday. The hotel's story is a hard lesson for Canadian CEOs who visualize modernization of the Russian economy as a means for potential profit. In this case, the means became a hell.

The IMF Group, a conglomerate worth nearly \$500 million, owned and ran by Ron Rowe, a tough, British-born entrepreneur, originally invested \$10 million in 1991, with a hotel that had been built for the 2000 Summer Olympics. In two years of a difficult and often bumpy construction process (most of the workers had to be imported from Poland), Rowe turned the neglected structure into a first-class, 450-room hotel. He could have easily financed the entire reconstruction through a loan from the World Bank, where he serves as a director. But in order to help attract investors to his new hotel, Rowe realized a couple of local partners, Aeroflot, the state-owned airline and the Russian civil aviation ministry, who came in for 25 per cent each. The hotel, named Aerostar for its airline partner, was an immediate success when it opened in 1993, with annual bookings amounting to a healthy 94 per cent occupancy rate. Within four years, it was profitable and flourishing: the showcase of Western investment in Moscow.

That was when the harassment started. His Russian partners appointed their own unelected bureaucracy to run the hotel, and attempted to expel their Canadian partner. Russian authorities routinely harassed and continually interrupted hotel managers sent over to run the enterprise, and forced a dozen IMF executives out of the country by refusing them work permits on trumped-up charges. (The only foreign entrepreneur who was treated worse was Paul Hain, the Australian partner in another Moscow hotel venture who had similar problems with his local partners. He was the victim of a 1995 jet-set scandal involving a wife.)

"We eventually changed our partners with breach of contract and took the case to the International Arbitration Court in Stockholm, whose jurisdiction the Russians recognize," Rowe told me in a rare interview in Halifax last week. "We won that case in 1996, but our partners have refused to recognize the verdict. We then took our complaints to the Moscow city court, asking to be awarded compensation for the damages of \$9.4 million awarded in Sweden. It also ruled in our favor, but nothing happened."

"Then, last month, the Russian Supreme Court upheld that ruling, but we still were not able to collect. It all came to a head earlier this

month when the prosecutor-general's office stopped the enforcement of their own Supreme Court order. Meanwhile, all sorts of our past practices have been attempted to stop our litigation."

Apart from financial claims, which he estimates at \$70 million, Rowe—who used to travel to Moscow often, but hasn't been there in more than a year—was determined that the rule of law must prevail. He has already spent close to \$5 million in legal fees, and has no intention of giving up. The case is being monitored by the international business community: if even President Boris Yeltsin is unable to enforce his country's laws, foreign investment in Russia will dry up.

With a British government school education—he went on to become a second mate in the British merchant navy—Rowe, now 60, came to Canada in the early 1980s to run the Canadian branch of the Great Granby Coal, Salt and Tanning Co., a marine supply house in Halifax. He quickly realized he was helping to make money that wasn't reaching his own pockets and started buying up, at first, small and, later, larger troubled companies that he became expert at turning around.

In the past 30 years, he has managed to achieve an enviable reputation for integrity in all his dealings and has amassed one of Canada's largest privately owned conglomerates. It now includes Inmatech Aviation and Commerce Inc., which runs the executive jet service centers at most Canadian airports; Air Atlantic, a well-established scheduled airline which operates between 15 city centres, including Montreal, Halifax and Boston, marine and industrial operations across the Atlantic provinces, which supply most of the fishing gear for the fisheries industry; Can-Met, which is the largest supplier of medical and surgical supplies in the Maritimes; and three high-tech aviation parts manufacturing plants in Nova Scotia. He also built Halifax's Holiday Inn, with the boast "I didn't like the driving hours in this town, so now I have my own hotel and I can make my own driving hours."

As for a management philosophy, Rowe, who is IMF's chairman, CEO and chief shareholder of the family-held company, admits, "I'm pretty autistic." He adds, "We have a board of directors, but it is made up of senior executives and my three children. All three hold senior posts in the company, and the meetings are primarily for open discussion."

"My objective is to improve my quality of life. I play tennis, I golf, I ski, and I have a country house 35 minutes from this office on the ocean at St. Margaret's Bay. A lot of people are workaholics. I'm not. I always leave the office by 5:30 p.m., very seldom take work home and use up my full quota of holidays. I'm in a very comfortable position in the whatever the hell I want."

And what Ron Rowe wants is to get those damn Russians to behave themselves.

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Mother Knows Best

The evidence continues to mount on the merits of fruits and vegetables

I was thanks down for the bubble-gum-flavored broccoli that the chocolate-flavored carrots, cheese and onion-flavored cauliflower and pizza-flavored corn was from the five- to 25-year-olds who tested a new line of vegetables in Ireland, a British frozen-food chain, early this year. Chocolate carrots? Candy, maybe, but the London-based Cancer Research Campaign decided to endorse them after a British survey showed that children were eating hardly any vegetables. "We have manufactured lots of stuff," said Malcolm Walker, the Irish-based chairman of Ireland, at last April's launch. But as the Wacky Veg line succeeds? Possibly not—Irishmen will not natter long next week to discuss sales figures.

There may be a good reason why children—and many adults—refuse to eat their vegetables. U.S. scientists recently discovered that at least 25 per cent of the population have an inherited trait that causes them to dislike the bitter compounds found in grapefruit, broccoli, and many other fruits and vegetables. Their tongues contain more taste buds than regular tasters. But those so-called supertasters may simply have to get over it. Many were right: the world's top nutritionists all agree—people who eat plenty of fruit and vegetables live longer, healthier lives. "Over time, the consumption of 400 g per day [five servings] or more of a variety of vegetables and fruits could, by itself, decrease overall cancer incidence by at least 20 per cent," states a report by an international panel of 15 experts published this month by the World Cancer Research Fund.

The scientists—who reviewed more than 4,500 research studies—found overwhelming evidence that diets rich in vegetables and/or fruits protect against several cancers, including lung, colon and breast. In thousands of other studies, researchers concluded that plant foods can reduce the risk of coronary heart disease, lower blood pressure and cholesterol, help prevent arthritis, osteoarthritis and diabetes, and slow down the aging process.

Tomatoes are rich in lycopene, a plant chemical that appears to prevent prostate cancer. Pumpkin seed oil is a source of essential fatty acids shown to reduce arthritis inflammation. On the way, researchers are discovering an array of powerful, pharmacologically active compounds—known collectively as phytochemicals—in fruits and vegetables. Each acts in a different way on a different part of the body to promote disease and enhance health. Carotenoids, sulfuriferous, indoles, phytonutrients and flavonoids are among the better-known phytochemicals, but there are countless others. "There are so many things in citrus fruits, for example, that are never realized," says Kenneth Combs, director of the Centre of Human Nutrition at the University of Western Ontario.

Beta-carotene—one of the most celebrated phytochemicals—gained excitement as a popular supplement in the late '80s. Epidemiological studies had shown that people who consumed foods rich in beta-carotene had lower rates of cancer and heart disease. "People were all over the beta-carotene bandwagon, organic pills," recalls McGill University chemist and nutrition specialist Joe Schwarcz. But the hype turned to disappointment after two large studies, in Finland in 1994 and the United States last year, showed not only that beta-carotene supplements did not work, but they actually appeared to increase the risk of lung cancer in some smokers. "It doesn't work on an organ," notes Schwarcz. "When you are eating beta-carotene [in food], you are eating lots of other things too, and that is what is important."

Experts also warn against relying on a single food—no matter how nutritious. "From sweet treats like fudge to pungent, robust wonderfoods like garlic, in all their diverse textures and colors, it is the rainbow of color, the power of these plant foods is in the way the phytochemicals combine," writes Richman, Mass., author Dr. Stephanie Hefling in her recent book, *Power Foods*. "When they do so, they create a synergy of pharmacological activity where the whole is greater than the sum of the parts."

Advice: What it boils down to is—at least five servings of fruits and vegetables each day and cooked, that is a tomato better than a carrot. An apple better than an orange? "It's a toss-up," says Combs. "That way you avoid excesses and deficiencies." Reach for dark green, light orange and yellow produce—these colors indicate higher concentrations of phytochemicals, and more nutrients.

NEWMAN DOYLE DREEDER

A PLACE FOR SUPPLEMENTS

Are food supplements necessary? The answer is a delicate matter. Until recently, experts insisted that diet alone—if it reflected the Canada Food Guide—would provide all the nutrients required by a normal healthy person. "Anyone who didn't say that was an outrage," says University of Toronto nutrition scientist David Jenkins. "Now people are saying, 'Well, you might need a bit of extra E or a bit of [the mineral] selenium.' Why the turnaround? Researchers are finding that it may be possible to prevent some chronic diseases, including cancer and heart disease, with higher levels of vitamins, minerals, antioxidants and phytochemicals than are found in a typical diet. The problem is scientists have not established how much higher and in large doses some of these elements may be harmful. However their benefits, supplements cannot substitute for a healthy diet. But the elderly, children and high-risk women of all ages, say many nutritionists, should consider supplements as a form of insurance.



Produce markets: the key to better health and longer life

NATURE'S MEDICINE CHEST

Scientists are digging into fruits and vegetables and turning up a treasure trove of phytochemicals—natural plant compounds that work with vitamins, minerals and other nutrients to protect against cancer, heart disease and other chronic diseases. Some promising findings:

APPLES: In a recent Dutch study, elderly men who daily consumed about 26 mg of flavonoids—roughly the amount found in a single apple—suffered half as many heart attacks as those with less intake of the phytochemical.

BROCCOLI: Sulforaphane, a compound that stimulates the production of enzymes that flush carcinogens from the body, is abundant in broccoli. Sulforaphane has been shown to reduce the incidence of breast tumors in mice by up to 40 per cent.

GARLIC: A Danish University scientist is conducting a large-scale study on garlic, a compound in garlic that may protect against

cholesterol levels and carcinogens.

ONIONS: A decade long Dutch study showed that onions help prevent gastric cancer. Indian researchers have found an association between eating onions and a reduced incidence of lung cancer. Onions contain allyl sulfides, compounds that stimulate the body's production of enzymes that eliminate potential carcinogens.

ORANGES: In July, researchers from the University of Western Ontario's Centre of Human Nutrition reported results of a study showing that the flavonoids in orange juice cut the risk of breast cancer in mice by 30 per cent.

PARSLEY: Several cancer-

fighting compounds—beta-carotene, vitamin C, coumarins, flavonoids, monoterpenes and polyphenols—were found in parsley (Cherithell), the phytochemical that makes it green, may block the absorption of carcinogens from the digestive tract.

PEPPERS: Sweet peppers contain more vitamin C than oranges. Hot peppers, or chilies, which also contain flavonoids, are even more nutritious. Capsaicin, the compound that gives chilies their bite, can ease nasal and sinus congestion and may help prevent blood clots.

POTATOES: The most popular vegetable in Canada is a good source of vitamin C, which helps block the formation of cancer-causing carcinogens in the body. Potatoes also contain capsaicin, antioxidants linked to reduced cholesterol and a lower incidence of colon cancer and possibly heart and prostate cancers. Potatoes as a comfort food, potatoes have

THE OCEAN'S HARVEST

Scientists die for hundreds of years, is giving a reputation in some circles as a super food. Various health-food gurus claim that sea vegetables—meaning the currently trendy blue-green algae supplements—can remove toxic chemicals and heavy metals from the body, boost the immune system and cure colds. While noting that there is little evidence to support these claims, mainstream magazines do acknowledge that seaweeds are rich in minerals, provide soluble proteins and can contain both carotenes and vitamin C. There are, in fact, more than 2,000 kinds of sea vegetables, including Nereis, Spirulina, and Kelp. Some, like the seaweed added to sea cream as a thickener, are used in food preparation. Most sea vegetables are very high in salt and should be avoided by people on a low-sodium diet.

sources of compounds related to breast cancer in premenopausal women.

RHUBARB: Rhubarb contains a unique mix of soluble and insoluble fibre that may help prevent heart disease, diabetes and constipation. It is a study by researchers at the University of Alberta who this year, a study of rhubarb fibre reduced cholesterol levels by as much as 15 per cent over a four-week period.

TOMATOES: Lycopene, the pigment that gives tomatoes their bright red colour, appears to be effective in preventing prostate and possibly other cancers. A powerful antioxidant, lycopene prevents heart health and may help prevent diabetes. University of Toronto research has shown that lycopene is more readily absorbed from tomatoes, juicy, puree, sauce and other cooked tomato products like ketchup—and when mixed with a small amount of fat,

Surf Versus Turf

Red meat offers benefits, but nutritionists say a little goes a long way

It may not be politically correct, but red meat is definitely nutritious. Beef, pork and lamb are excellent sources of high-quality proteins. One small serving, besides four ounces of cooked lean beef, provides the daily recommended nutrient intake for vitamin B12, half the required protein and zinc, up to a third of the iron, plus several other nutrients. While spinach, lentils and some other plant-based foods contain more total iron, meat provides the blood-boosting element in its much more easily absorbed "heme" form.

But, of course, there are cautions. In fact, there are many cautions.

- Red meat is riddled with saturated fat and cholesterol. A 36-oz T-bone steak has nearly 1,000 calories—more than a third of the recommended daily intake for an active adult male. Meat producers have done their best to coax more those dietary choices—beef is 56-percent leaner and pork at least 25-percent leaner than they were a decade ago. Still, even after visible fat is removed, a serving of beef contains significant levels of saturated fat.

- Several studies have linked frequent consumption of meat with an increased risk of colon and other cancers. An analysis of the diets of 86,000 nurses, published in the *New England Journal of Medicine*, revealed that those who ate

meat every day were twice as likely as others to develop colon cancer.

- Highly saturated animal fat can raise blood cholesterol levels and increase the risk of cardiovascular disease. Because organ meats are particularly high in cholesterol, liver has lost its luster in fighting low-deficiency anemia.

- Protein promotes the excretion of calcium in urine. There is growing evidence that a large intake of meat can produce a calcium deficiency and possibly contribute to osteoporosis.

- It's important to cook beef, particularly hamburger, thoroughly, since a deadly form of *E. coli* bacteria may survive in contaminated meat served rare. Undercooked pork may contain parasites. Some health experts are concerned about the approved antibiotics and hormones given to food-producing animals.

Advice: Most experts say there is room in a healthy diet for red meat—but not much. "The closer we are to a vegetable-based diet, the better off we are," observes McGill University chemist Jim Schwartz. Lentils add meat to two or three small servings a week. Choose lean cuts like round, rump or sirloin and trim visible fat before cooking. Avoid eating fat-laden hamburgers often. Even "lean" ground beef contains 15 to 17-percent fat.

SEAMON DOYLE BREIDGER



Backyard barbecue: the carcass cooks on the saturated fat

ON TOP OF EVERYTHING ELSE, FISH IS A BRAIN FOOD

Canadians do not eat enough fish. Average consumption is only 16 to 25 g a year per person, compared with a hefty 35 g of chicken and 56.6 g of beef. "We should be eating more fish and less meat," says Toronto dietitian Leslie Beck. What's so special about fish? Omega-3 fatty acids. Fish oil—as well as canola, flaxseed and walnut oils—contains those essential substances that are not produced in the body. "Canadians are eating more fat than we like," says Beck. "But they are not eating enough essential fatty acids."

Fish really is a brain food. "Omega-3 fatty acids are needed for the normal development and functioning of the brain," notes Beck. "All cell membranes contain omega-3 fatty acids, but they are especially abundant in the brain where they aid in the transmission of nerve impulses." The results of a five-year study of 939 elderly men, published this summer by Dutch researchers, associated high fish consumption with less decline in brain functions.

"When it comes to the heart, the fish story is even bigger." It is generally agreed that eating fish two to three times a week can reduce the risk of heart disease," notes Beck. The latest in a string of stud-



Photo: J. H. H. H.

ies showing that fish benefits the heart appeared in the *New England Journal of Medicine* in April, when U.S. researchers reported results of a study showing that men who consumed at least eight ounces of fish a week—most ate canned tuna—had a 46-percent lower risk of a fatal heart attack. Omega-3 fatty acids also have an anti-inflammatory effect, and one recent study suggests that daily consumption of fish may help alleviate some of the painful symptoms of rheumatoid arthritis. Other preliminary evidence suggests that fish

may protect against breast cancer. **Advice:** Choose salmon, trout, tuna, sardines, mackerel, herring, bluefish, whitefish and halibut over less fishy fish like sole. "Stay away from swordfish," cautions medical researcher and best-selling author Dr. Andrew Weil. "It is a shame but we have polluted the waters, and the bigger the fish and the higher it is on the food chain, the more it concentrates toxins." And there is no need to avoid shellfish simply because they are high in cholesterol. "Dietary cholesterol has little or no effect on blood cholesterol for most people," says Beck. "What matters is saturated fat." And shrimp has almost no saturated fat.

CHICKENING OUT

Is poultry a healthier choice than beef or pork? Not necessarily. "People are afraid of red meat because of the perception that it is high in fat," says Leslie Beck, a dietician and host of Foodnet, a daily radio show that runs on the Discovery Channel. "I think that is not always justified." A three-ounce serving of broiled inside round steak has 3.5 g of fat, while the same amount of roasted, skinless chicken breast has 3.2 g. "So the difference is minimal."

A more important consideration, notes Beck, is the iron content of meat. Three ounces of beef will have 3.5 mg of iron, compared with .7 mg in the chicken. "When people cut red meat out of their diet and switch to chicken or fish, they are not getting good sources of what we call heme iron, the most absorbable form," says Beck. Poultry, however, contains more protein and less saturated fat than red meat. And there is evidence that chicken soup can relieve cold symptoms. Researchers speculate that cysteine, an amino acid in chicken soup, helps the mucus lining it easier to expel.

Advice: Poultry skin, high in saturated fat, should be discarded—before cooking. Avoid processed turkeys, often injected with butter or other saturated fats.

PRaising the Humble Soybean

Soy flour, soy oil, soy milk and, of course, the much-maligned soy are only a few of its guises. But not only is the soybean versatile, it is also a nutritional powerhouse, containing iron, calcium and almost as much protein as beef. In fact, the soybean—in food source of B vitamins, potassium, zinc and other minerals—is the only food that can match meat as a source of amino acids, the essential protein.

But the soybean is prized most for its large cache of isoflavones—plant chemicals that help reduce the effects of the hormone estrogen on the body. Researchers believe the Japanese can attribute their world-famous rates of breast and prostate cancer to their low-fat, soy-rich diet. They eat 30 times more soybeans than North Americans, who suffer the world's highest incidence of those cancers.

Researchers also credit soy with combating hypertension, protecting against heart disease, easing the symptoms of menopause and strengthening bones. Numerous studies show that soy lowers blood cholesterol levels. Even better, it targets the artery-clogging "bad" cholesterol without affecting beneficial cholesterol. Evidence that soy's isoflavones offer protection against osteoporosis comes from research at the University of Illinois. Women who ate two ounces of soy protein a day increased the bone density in their spines. Australian researchers also report that a diet rich in soy can reduce the severity—although not the frequency—of menopausal symptoms.

The soybean is not devoid of drawbacks. The iron in soy is not easily absorbed by the body, but that problem may be offset by consuming foods high in vitamin C at the same time. Some soy products—including soy sauce, a type of soy curd, and miso, a fermenting paste used in soups—are fermented. Although nutritious, they are high in sodium and contain alcohol that can provoke an allergic reaction.

Advice: "Stop saying, 'Oh no to soy,'" says McGill nutrition expert Joe Schwarcz. Every little bit helps, but it takes about 25 g of soy per day—slightly more than the amount in a typical soybean burger—to achieve health benefits. An ideal diet might aim for 50 g a day. Dozens of new soy products—cookies, breads, muffins, sandwiches, proteins, ice cream—are finding their way to supermarket shelves. And, no, soy sauce won't be the trick—it contains only traces of the prized protein.

VEGETARIAN RISK AND REWARD

As debates flare over vegetarianism, nutritionists are far from unanimous. Studies show that, as a group, vegetarians are less prone to many diseases that afflict meat-eaters. The list includes heart disease, diabetes, obesity, kidney stones, osteoporosis and diverticulitis as well as colon cancer. Several Day Academics, who abstain from meat for religious reasons, live up to 30 per cent lower rates of cancer.

While a vegetarian diet—which is typically low in saturated fat and high in fiber—may account for those favorable results, so far scientists have been unable to prove a definitive link. Other lifestyle factors—abstaining from smoking, coffee and alcohol, for instance—may cause or contribute to the health advantage.

On the other hand, several essential nutrients abundant in meat—

including iron, zinc and vitamin B12—appear only in small amounts or are missing from plant sources. Also, with the exception of soy—milk, like meat, provides high-quality protein with all of the essential amino acids—vegetable, grain or other plant food proteins complete protein. Strict vegetarians who avoid dairy products may also have difficulty meeting calcium needs.

Advice: Vegetarians should plan carefully to meet all the body's essential requirements. Combine grains with complementary legumes to form complete proteins—for example, rice with beans or bulgur wheat with chickpeas. Add foods rich in vitamin C will improve iron absorption. Many nutritionists do not advise a vegetarian diet for growing children, teenagers, pregnant women, nursing mothers or the frail elderly.



LOVER

A Drink to Health

Milk—and particularly skim—is a great source of nutrients

Milk is good for kids, but grownups don't need to drink it, right? Wrong. The important news about milk is that adults, even the elderly, need it as much as children. Nutritionists—and parents—have long understood that milk is a rich source of calcium, essential for building strong teeth and bones. But only recently have scientists discovered that increased consumption of milk and other calcium-rich dairy products can help provide the same bone loss that leads to osteoporosis. In August a panel of 30 distinguished scientists—appointed by the Canadian and U.S. governments to review nutritional requirements—recommended a significant increase in daily calcium intake.

Fat, broccoli and canned salmon (with bones) can help provide some of the 1,200 to 1,300 mg of calcium (the equivalent of three or four glasses of milk) that the experts now recommend as the daily intake for an average, middle-aged adult—up from the 700 to 800 mg recommended until recently. But it's difficult to get enough calcium without milk. (Supplements can be a shortcut, but the news isn't as easy as absorbed from your glass of milk.)

Why, then, is there little concern about it, here, where people drink little milk? "This diet is vegetable based," explains McGill nutrition specialist Joe Schwarcz. "In North America we have a high protein

Dairy chains—possibly a breast cancer defense

diet, and protein causes excretion of calcium from the body, so it is very hard to fulfill that calcium need from broccoli and soy."

Milk, the single best source of calcium, comes packaged with protein and several other important nutrients. In Canada—where winter days are often too short to allow the body to manufacture adequate vitamin D from sunlight—that vitamin, necessary for the absorption of calcium, is added by law. Skim, one- and two-percent milk are also fortified with vitamin A, to compensate for amounts lost when the fat is removed.

The most stunning new finding about milk is that it may help prevent breast cancer. Last year, in the *British Journal of Cancer*, Finnish researchers published a study of more than 6,000 women over a 25-year period showing a correlation between high consumption of whole milk and low rates of breast cancer. The finding, unsupported by other research, contradicts the long-held belief that dietary fat promotes breast cancer.

Even so, milk has long since lost its reputation as a perfect food—mainly because of the fat. Medical experts recommend cutting back on fatty foods in the diet, particularly those of animal origin, because of their link to heart disease and some cancers.

Somehow less critical is the great macra debate. Some doctors and alternative practitioners tell patients to avoid dairy products if they have a cold or suffer from allergies. The reason: anecdotal evidence that milk promotes the formation of mucus and studies showing that adults suffer more when they take dairy products out of their diet.

The Dairy Board of Canada hotly denies the claim. But the research community is not rushing to settle the matter. "There are more important things to study, like soy," notes Dr. David Jenkins, a nutritional scientist at the University of Toronto.

Advices: Switch to skim or one-percent milk to benefit from all the nutrients with almost none of the fat. Two-percent is healthier than whole milk, but while a glass of skim contains perhaps four calories from fat, the same amount of two-percent has 45.

SHARON DOYLE BERENGER

CHEESE—A MIXED BLESSING

Cheese is rich in protein, vitamin B12 and bone-strengthening calcium. A 1½-ounce serving of cheddar, for instance, provides as much calcium as an eight-ounce glass of milk. There is also some evidence that consuming cheese as the end of a meal may help prevent cancer, but concerns that some varieties pose a health hazard prompted Health Canada last year to consider banning cheese made from raw (unpasteurized) milk. The proposal was dropped, but Australia, New Zealand and the United States have all outlawed cheeses such as feta, Parmesan and Quebec's own Cheddar because potentially deadly microorganisms can survive the commercial manufacturing process.

Some concern over raw cheese is high in salt and artery-clogging saturated fat. One ounce of firm cheese like cheddar or Swiss contains about 120 calories—about 90 of them from fat. More than half of the calories in Parmesan, mozzarella, cream cheese and Gouda come from fat. Swiss cheese is 90 percent fat and contains much less calcium than other cheeses. Cottage cheese, made from skim milk, is low in fat and calories—but it has only half the calcium of milk. Tofu cheese may also be high in fat and sodium.

Advices: Limit intake of high-fat cheese. Health Canada advises pregnant women and anyone with a weakened immune system to avoid raw-milk cheese.

Powerful Grains and Beans

Most people should be eating more fibre

Break out the oatmeal. Blast on the wheat bran. Dish up the black bean stew. Grains and legumes (beans, peas, barley, lentils) become. Made-up peas and the like) are an essential part of a modern, healthy diet. Although they contain generous amounts of vitamins and minerals, their chief benefit lies in their fibre—the part of any plant-based food that is not digested. Dozens of studies have shown that a fibre-rich diet has both immediate and longer-term benefits, from preventing constipation and reducing cholesterol to decreasing the risk of colon cancer, heart disease and diabetes.

Researchers first noticed fibre's health impact in the 1960s in rural Africa, where Western ailments such as digestive disorders, obesity and diabetes are rare. Breakfast porridge made from hardy millet-type fibres has different benefits. Insoluble fibre, found in foods such as whole wheat, lentils and brown rice, plays a major role in maintaining a healthy colon. It acts like a mop, absorbing excess bile and weight in water. The extra bulk keeps food moving through the system quickly, in turn reducing the exposure of the colon walls to potential carcinogenic sources. Some studies also show that insoluble fibre dilutes or inactivates some cancer-causing substances and reduces the levels of others. Wheat bran is the current star among insoluble fibres. It's about 40 percent fibre, compared with the 13 percent in rice bran.

Soluble fibre, abundant in foods such as oat bran, dried beans and barley, has proven equally effective in the fight against heart disease. Studies show that soluble fibre can reduce the absorption of cholesterol in the diet, may decrease the manufacture of cholesterol in the liver, and increases elimination of cholesterol in the stools. Nutritionists estimate that eating 3½ to 4½ cups of fibre consumption could reduce blood cholesterol enough to result in a 20 percent decline in coronary risk.

In fact, there is little bad to say about fibre. Studies note that those people who eat a high-fibre diet suffer from intestinal gas, bloating and cramps caused by fermentation of fibre in the intestines.

Fibre can also make some rare cancers more common, but only in all the elderly. However, University of Toronto nutritionist David Jenkins says mineral deficiencies are unlikely in people eating high-fibre foods from a variety of sources.

In the late 1980s, oat bran was the darling of heart-healthy diets. But a study published in the *New England Journal of Medicine* in 1990 shot down that grain's reputation as a cholesterol-lowering agent. Now, it's across the



Bakery racks: wheat bran is the current star among insoluble fibres

counter. Research may have been right all along. According to a *Canadian study* led by Jenkins and reported in the *New England Journal of Medicine* in 1993, eating half a cup of oatmeal a day will reduce blood cholesterol by five percent and cut the risk of heart disease by 10 per cent.

While whole bread offers plenty of protein and small amounts of other nutrients, along with vitamins and iron from enriched flour, it's a sorry looking on the fibre front. Most of it has been processed and right out of those soft white skins, leaving behind nothing but simple carbohydrates. Those carbs in one slice of white bread quickly convert to the equivalent of one teaspoon of sugar, easily stored as fat.

Advices: The average Canadian would have to double fibre intake to get the recommended 25 to 30 g a day. A bowl of all kinds cereal containing about 10 grams. And while fibrous foods like whole wheat flour and cancer-fighting properties on their own, researchers benefit cases only when they are part of a low-fat diet, says University of Saskatchewan nutritionist Alison Stephens. Fortunately, that tends to happen. "It is very difficult to have a high-fibre, high-fat diet because most foods just are not made that way," says Stephens. Incorporating extra fibre is also relatively simple. "You do not have to cook beans on the health for three hours after soaking them overnight," says Jenkins. Simple, effective ways include eating more unprocessed cereals, choosing breads, whole wheat bread, sprinkling oil or wheat bran on other foods, and eating more legumes.

ANITA ELASHI

DAIRY COUNTER CULTURE

Yogurt is made from milk fermented with health-promoting bacteria. Easier to digest than milk for people with lactose intolerance, yogurt contains similar amounts of calcium, and the yogurt bacteria help prevent some diseases, help infections, boost the immune system and reduce the risk of colon cancer. **Advices:** Check the label to be fully effective, yogurt has to contain either bacterial culture if it has been heat-treated for long shelf life, the active cultures are no longer present. Avoid sweetened brands—single serving may contain almost as much sugar as a milk drink. Plain yogurt will likely not have the live bacterial cultures, notes dietitian Anne Schwartz. But, depending on the fat content, it can still be a healthy choice because of its calcium.

The Good, Bad and Useless

Bodies need some kinds of fat, but not very much

Saturated monosaturated, polyunsaturated, trans-fatty acids—what type it is, it is being labeled as the villain of the North American diet. But you fat does have benefits and they are substantial. As well as adding flavor and giving food that rich, creamy feel in the mouth, dietary fat is crucial for good health. Essential fatty acids play a key role as a host of chemical substances including growth, early brain and eye development, metabolism, the maintenance of sex hormones, and blood circulation. They also help absorb the fat soluble vitamins A, D, E and K, a layer of fat just beneath the skin insulates against temperature changes, and other deposits cushion the vital organs.

Many monosaturated fats, especially those found in olive oil, canola oil and such foods as avocados, nuts and seeds, are rich in antioxidants, substances known to protect against cancer and heart disease. Polyunsaturated fats, found in most vegetable oils, fish oils and only fish, lower total blood cholesterol. They are also the main source of omega-3 fatty acids, which keep blood platelets from getting sticky and reduce the risk of heart attack. Research has also established that fat deficiency results in lustreless hair, brittle nails, dull skin and growth problems.

But—and it is a big but—a diet high in fat leads to obesity and increases the risk of heart disease, stroke and circulatory disorders. Saturated fats, found in animal products and palm and coconut oils—both found widely in processed products—are especially dangerous since they raise levels of artery-clogging low-density lipoprotein (LDL) cholesterol. And although the connection is still a mystery, breast, prostate, ovarian, endometrial and colon cancer occur at relatively high rates in countries with high fat diets.

For cholesterol levels and the risk of heart disease and stroke, those cholesterol-free potato chips are not the solution. Saturated fat—dietary cholesterol—is the main culprit contributing to high blood cholesterol. At the same time, many scientists are questioning the long-promoted association between cholesterol and heart disease. They cite studies which show that the Japanese have

the same cholesterol levels as Canadians, but, unaccountably, suffer fewer of the problems of heart problems. Overall, a high ratio of LDL, the so-called bad cholesterol, to high-density lipoprotein (HDL), or good cholesterol, appears to increase the risk of developing coronary artery disease. A study published this month in the American Heart Association journal, *Stroke*, concludes that while current practice is to monitor patients for high levels of LDL, thickening of artery walls may also result from low levels of HDL.

Advice: "There is overwhelming evidence for trying to reduce the saturated fat in your diet as much as possible," says nutritionist Dr. Dr. Andrew Weil. Remove visible fat from red meat and skin from chicken before cooking, eat more fish and use olive, canola or soybean oil. Scientists are divided as to whether butter or margarine is better. We'll recommend a little bit of both.

ANITA ELIAS

FAKE FAT, ADDED CALORIES

There are at least as many kinds of artificial fats as there are real ones. Probably the best known is *Crisal*. Because it passes through the body without being absorbed, it can cause diarrhea and cramping. It may also deplete the body of elements that help protect against cancer and heart disease. The jury is still out on whether fake fat help prevent obesity. Many fat-reduced foods are still high in calories because manufacturers make up for lost flavor by adding sugar. Nutritionists also suspect that consumers reward themselves for eating artificial fat by making up those calories with fatty foods later on.

Debauched hearts, fats and sweeteners call for moderation



EAT AT YOUR OWN RISK

Recent research has identified the advantages among fats, the so-called trans-fatty acids. "Your body does not need them, even when it makes them," says University of Toronto fat researcher Stephen Cunniff. So stay away from them. "Trans-fatty acids are produced in oil when it is processed into semisolids such as vegetable shortening and margarine. Canadians, drawn to doughnuts, baked goods and fast foods, consume more trans-fatty acids than anyone in the world. Grain for grain, they are twice as damaging as saturated fat, since they increase artery-clogging LDL (low-density lipoprotein) cholesterol and decrease artery-clearing HDL (high-density lipoprotein) cholesterol. European studies also show that babies exposed to high levels of trans-fatty acids in the uterus or through breast milk tend to be smaller

Also Containing ...

Watching those extras in prepared foods

Whether it is salt to enhance flavor, sugar to satisfy a sweet tooth, or sodium to preserve color, most prepared food has something added. Some of the current thinking about these substances

SALT

To salt or not to salt? After decades of research, scientists still do not know for sure. Researcher suggests that hypertension (high blood pressure) is rare in societies that consume a low-salt diet and more common among people who eat a lot of salt. A report published last year in the *British Medical Journal* concluded that salt intake and blood pressure are linked at all ages although the connection is strongest at middle age. In a study of 10,000 adults in 32 countries, the Imperial College School of Medicine in London found that the blood

pressure of those who consumed six grams of salt a day was the same as those who ate seven grams higher than those with the lower intake.

A group of scientists at Toronto's Mount Sinai Hospital, however, reached different conclusions last year. Their research, published in *The Journal of the American Medical Association*, found that while blood pressure dropped significantly among hypertensive patients over the age of 46 when they cut back on salt, the effect was less pronounced in younger patients. A low sodium diet did not affect the blood pres-

sure of healthy people, nor did adding as much as 10 table-spoons of salt a day. **Advice:** High blood pressure patients should consult their doctor to see if a low-sodium diet can help, advises Dr. Alexander Leanos, a hypertension specialist who led the Mount Sinai study. Everyone else needs about 1½ teaspoons of salt a day to maintain good health.

SWEETENERS

Refined sugar is often blamed for a host of ailments, including hyperactivity in children, tooth decay, heart disease and cancer. But according to the Surgeon General's Office of the U.S. Food and Drug Administration, the only health problem shown to have a direct link to eating the substance is tooth decay. There's every good reason to believe that it is not necessarily caused by eating sugar. Recent studies show that fat people and eat less sweet than lean people. Some alternative medicine practitioners believe sugar causes all manner of ills but are not recognized by modern medicine.

Despite claims that it is a healthy sweetener, honey is no more nutritious than sugar. Volume for volume, it has more calories. It may also carry spores that can cause food-borne illness in infants. As for artificial sweeteners, saccharin has been under a partial ban in Canada since a 1977 study associated it with bladder cancer in rats. Most people use alternatives, including aspartame, without obvious problems. But about 200 North Americans a year report adverse effects such as headaches and mood changes. A bigger difficulty may be the substance to lodge in high-fiber foods simply because they contain ar-

rest sweeteners, says Toronto-based dietitian and author Rosie Schwartz.

Advice: Sweeteners, like all good things, should be used in moderation. Sugar can be beneficial if it makes nutritious food like cereal or grapefruit easier to eat, says Schwartz. But replacing healthy foods with sweeteners can cause a short-term crash.

ADDITIVES

A least 2,000 food additives have been approved for use in Canada. They include salt and sweeteners to enhance flavor and retain moisture, calcium, vitamins and antioxidants to improve nutritional value, and a host of preservatives, colorings, emulsifiers, stabilizers and thickeners with strange names like sodium stearoyl fumarate (improves the texture and handling properties of baked goods) and diacetyl sodium sulfonate (an emulsifier and flavor enhancer in processed foods). There is no evidence that additives pose a major health risk for most people. However, the fact that some substances, such as Red Dye No. 2, are banned in the United States for health reasons has allowed in Canada, shows that safety in some cases is open to interpretation.

Advice: Experts recommend caution for people with specific health problems. Anyone on a low-salt diet should check labels for various compounds containing sodium. Sodium, used to preserve dried fruits, frozen french fries and fruit-based pie fillings, can trigger an asthma attack in susceptible people.

MONOSODIUM GLUTAMATE

A flavor enhancer commonly used in Oriental cooking, MSG has a reputation as a serious allergen that can cause headaches and intestinal problems. While experts acknowledge that some people may be sensitive to MSG and develop mild, temporary reactions, they say the substance does not cause allergic reactions and is safe for most people.

A.E.



Coffee has an addictive stimulant

A Regular Jolt of Java

High caffeine intake is a big concern

North Americans are hooked on coffee, constantly reaching for a quick fix of the drug in coffee, tea, soft drinks, chocolate—even plain water spiked with caffeine, a hot new product sold under several brand names. A caffeine jolt can slough off cholesterol and provide at least a temporary boost in energy and alertness. A recent study by George University researchers in Ontario showed that even a moderate amount of caffeine—the equivalent of one large mug of strong coffee—can improve an athlete's performance. It may even increase coronary A-crest nervous system stimulation, which can help alleviate migraine headaches. The amphetamine-like substance also increases the rate at which the body burns calories, but alerting that potential for weight loss is the fact that it also lowers blood sugar and increases hunger.

But caffeine is addictive. Habitual users of extra amounts develop a tolerance and need to consume large quantities to achieve a stimulant effect. Too much caffeine can cause nervousness, anxiety, panic attacks and insomnia. It can aggravate stress, cause heartburn and indigestion, interfere with sleep and increase the side effects of certain medications. And with drinks—even for moderate users—can lead to headaches, fatigue and other symptoms.

Numerous studies have shown that the good credit rate of caffeine is not associated with risk of cancer, cysts in the breast or heart disease. But Norwegian scientists raised new doubts recently when they reported a strong link between caffeine and homosexuality—an association that, at high concentrations in the blood is known to increase the risk of heart disease. Researchers continue to debate the effects of

caffeine on pregnant women and fertility.

Brands vary, but a typical 12-oz. can of cola has about 30 mg of caffeine. Two ounces of baking chocolate has about 70 mg. That North American's biggest source of caffeine is coffee and a single cup contains anywhere from 65 to 180 mg of caffeine, depending on how it is brewed. But caffeine is only one of more than 400 chemicals in coffee. And not all of them are harmless. Dutch researchers recently discovered that two compounds found in coffee—known as diterpenes—can increase blood cholesterol by as much as 10 per cent over six months in heavy coffee drinkers. The offending oily droplets, released from coffee beans during the brewing process, are most likely to be present in Dalghe-style coffee—prepared as a French press. For example, when coffee is filtered, the diterpenes remain on the paper and brews are also very low in percolated and instant coffees.

But there are other risks. Caffeine is known to increase blood pressure, and evidence is mounting that heavy consumption—five or more cups a day—may lead to heart attacks. As for any connection between coffee and cancer, the research is contradictory.

Advice: Limit daily caffeine intake to two cups of drip coffee or six cups of strong tea. Children should have no more than one can of cola a day, less for those sensitive to caffeine. If people are drinking coffee, it's a big step up to switch to green—or, at least to semi-regular—advice, according to Dr. Andrew Weil. He says, "Give it up." As for decaffeinated coffee, it is made from stronger coffee beans and one U.S. study suggests it is more likely than regular coffee to raise levels of LDL cholesterol.

SHARON DOYLE BERINGER

BLACK TEA OR GREEN TEA?

Put the kettle on. There is strong evidence that tea may help prevent heart disease, stroke, high blood pressure and certain cancers. Will that be black tea or green? Both contain the

biochemicals and antioxidants believed to be the protective factors. But researchers are still debating the merits of the beverages. Derived from the same plant but processed differently, a recent Australian study showed that black tea (the type most popular in North America) was more effective than green tea (the American favorite) in lowering the artery resistance to the damaging effects of ultraviolet rays and in reducing skin cancers in rats. Still green tea—used as a tonic in Asia for more than 4,000 years—appears to have the health edge. U.S. researchers report that it contains significant amounts of enzymes that inhibit cancer growth. Green tea is also a good source of vitamin K, a nutrient needed for normal blood clotting. Both teas contain fluoride and tannins, substances that help protect against tooth decay. However, both interfere with the absorption of iron carried in the same way. And as a diuretic, tea may lead to a loss of potassium.

Herbal tea offers a pleasant, caffeine-free alternative to coffee and tea, but spiciness—may contain ingredients with medicinal properties that may interfere with prescription drugs or provide an unexpected psychoactive effect. For example, a mild sedative that may cause drowsiness and relieve nervous symptoms. But other ailments beware: It is a member of the nightshade family. Nursing mothers when used to a sleeping child induce hallucinations when brewed in a strong tea. Anyone taking large amounts of herbal tea should consult a physician.

Drink and Be Merry

A little wine, beer or alcohol goes a long way

Raise a glass to a healthy heart. People who drink wine, beer and hard liquor—in moderation—tend to live longer than heavy drinkers and, surprisingly, even longer than those who do not drink at all. This happy observation—known as the French paradox—has intrigued biologists for just decades as scientists tried to figure out how a population that regularly consumes rich, fatty foods could have such a remarkably low rate of heart disease. The answer—first reported in 1993—was surprisingly pleasant. The Beaujolais, like the French quail with their Brez and pine de la rose, reduces the ability of blood platelets to form blood clots, the cause of most strokes, and lowers the risk of heart attack.

Too good to be true? In dozens of subsequent studies, scientists around the world have provided convincing confirmation that a moderate intake of red wine offers some protection against cardiovascular disease and stroke. One recent French study even suggests that light or occasional consumption of red wine is associated with a lower risk of some cancers.

Some scientists speculate that red wine is particularly beneficial because red grapes from which it is made contain an abundance of powerful antioxidants—polyphenols—that protect against cell-damaging free radicals. But other researchers have shown that white wine, beer and liquor are equally beneficial. In one of the latest studies, presented in July at the International Congress of Nutrition in Montreal, French researchers reported that a person who has two to six drinks a week could have up to 29 percent less risk of sudden death due to heart attack than an abstemious.

Last in the din of popping wine-carbonated crackling ice cubes, however, is the fact that, while the French have healthier hearts, they also have a higher rate of cirrhosis of the liver. But drinking is hardly making alcohol a medicine. Too much can damage the heart and—even at moderate levels—can boost blood pressure, probably links to diseases of the liver, pancreas and nervous system, and increases the risk of cancer. The potential benefit, experts point out, also depends on the size of the drinker. There is little evidence to suggest that alcohol reduces the risk of heart disease in men under the age of 40 or women under 45, when that risk is still relatively low.

Does alcohol lead brain cells? A study described in the British Medical Journal last June reported no evidence of brain atrophy or intellectual impairment in neuro-psychological tests given to 200 elderly Australians in a nine-year study, even though 66 per cent had consumed "harmful amounts" of alcohol. But See Boudy, a research scientist with the Addictive Research Foundation of On-

tario, says that finding flies in the face of a body of research that shows that "alcohol does diminish mental acuity in high doses."

For women, alcohol consumption poses a particular dilemma—the risk of breast cancer may begin at the same level that protects the heart. The evidence is far from conclusive, but some studies suggest that as little as one drink a day may increase the risk of breast cancer by 10 per cent, two drinks by 25 per cent.

Some researchers wonder whether there may be untold reasons why researchers do not see as long as light drinkers. "It may be," notes David Jewison, a nutrition scientist at the University of Toronto, "that light drinkers have mastered the art of moderation and have generally healthy habits."

Advice: Don't rush to stretch that basement bar. Few health experts are willing to prescribe or even recommend alcohol as a heart disease preventive. As for quenching thirst, entomologists pre-



Off the vine: light drinkers live longer than nondrinkers

ferally say a healthy diet includes at least eight glasses of water a day. There is growing agreement that if alcohol is consumed at all, it should be limited to less than two drinks a day for men and one for women. But probably none for women who are pregnant, could become pregnant or breastfeeding. Binge drinking is extremely harmful—it is not advisable to "save it" and drink seven beers on a Saturday night. Experts also warn that hundreds of medications interact with alcohol, many causing serious damage.

A convenient substitute for alcohol may soon be available in pill form. In February, U.S. researchers reported that capsules made from alcohol-free powdered extract of red wine is just as effective in preventing arteriosclerosis clogging up an artery of cholesterol. Medical science may soon manage to wring all the goodness, and the kick, out of the grape.

S.D.D.



HOW TO KEEP A SECRET.

In transforming your business into an e-business, the single most important issue you have to wrestle with is the issue of security.

Without flexible control over who sees what information, all the benefits of putting your key business processes online (which is, after all, the definition of an e-business) are a moot point. And when you connect your critical systems to the Web to help you improve customer service or increase the efficiency of your organization – security is a white-knuckle issue for the people charged with keeping your systems running and your data protected.

It's not just a matter of whom you let in and whom you keep out (although that is obviously important). When you're using the Web (or an intranet) to do things like let your employees change the asset allocation of their 401K accounts or let your customers see what their credit balance is, you need the ability to determine who sees what and who can make changes to what they see.

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BARRARA WICKENS

A tour to places of fire and ice

As sportscasters on CBC's *Winter Night in Canada*, Chris Cuthbert and Scott Russell developed a special fondness for the Montreal Forum. When the Canadiens abandoned the hallowed arena last year for the new Molson Centre, it started the pair thinking. Their fascination with arenas like the Forum and Toronto's Maple Leaf Gardens—the places that players aspire to get to—led Cuthbert and Russell to wonder where NHLers come from. The result of their musings, *The Athl.*, is being published this week. Part social history and part analysis of the Canadian collective unconscious, the book profiles 10 hockey arenas, including the arena in Quebec City's La Crosse built in 1950 to attract the province's hottest young junior team, *Les Canadiens*. In addition to sponsoring future hockey stars, the arenas play other key roles. "It's not always the case that hockey is a small-community take place," says Russell, "and that's something that is uniquely Canadian."

The broadcasters' own hockey careers mirror those of most Cana-



Cuthbert (left), Russell, *Athl.* author

dian youngsters: both had a love for the game unmatched by six total necessary to turn pro. "I was so bad, I didn't score a goal until my fourth year in the league," recalls Cuthbert, 43, of his days as a pro-teen defenseman in Brantford, Ont. The junky Russell, 38, who played centre in Oshawa, Ont., chimes in: "I was always the biggest guy on my team, I just was never tough enough." Now both married with children and living in the Toronto area, Cuthbert and Russell still like to play the occasional game of pickup. But for the most part, they channel their ardor for hockey elsewhere. While researching the book, they met scores of Canadians who fed just as strongly. "If the NHL ever became too expensive for Canadian cities, I don't think it would affect the game at all in Ontario and the places like it," says Cuthbert, "these people are so passionate for the game."

A literary queen

She trained as an architect, and wrote screenplays for feature and documentary films before turning her hand to fiction. Now, whatever else *Anuradita Roy* does, there will be at least one outstanding accomplishment on her résumé: the first prize, £10,000, of the New Delhi-based award for the \$45,000 award for her first novel, *The God of Small Things*. Even before it took Britain's top literary award, the heart-rending tale of seven year-old twins whose lives are affected by India's caste system had caused a worldwide sensation. It garnered a record \$2.2 million in advances and has been published in 27 languages. But 37-year-old Roy said at the award ceremony in London that she may never write another novel. "For me, that book is about my past, not my future. Having written this book, I am back to Square 1."



Roy: global sensation

Strains of exotica

Being conventional has never been composer *Michael Donner*'s style. Despite years of Western classical training, the *Toronto-based* has found a way to incorporate Eastern music into the scores he writes for North American film. His approach is clearly striking a chord: he has composed soundtracks for a number of films, and is so busy that he has had to reject offers from such luminaries as Robert Altman. As director *Atom Egoyan*'s *The Sweet Here-*

after Donner used the haunting work of Persian (Kazari Hossein) *Donner* For The Ice Storm, Donner convinced director *Ang Lee* to use the songs of a Japanese garden orchestra in the backdrop for a story set in 1970s suburban America. "I try to push film scores into areas they wouldn't normally go," says Donner, 36, who won a Gémie for best music score for Egoyan's 1995 film, *Antonia*. But despite his fascination with Middle Eastern and Asian musical styles, Donner says he has no interest in becoming an expert on them. "I want to maintain a certain exoticism. I don't want to lose that 'first love' feeling I have about them."



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White Ring: snow and seaweed

Sports

An Olympic challenge

The 1998 Winter Olympics in Nagano have been planned in typically efficient Japanese style, and construction crews are busy finishing new facilities throughout the region. But as a result of effort, it seems, could overcome the language of the road between the host city and the village of Hakuba, site of many of the alpine and Nordic ski events. The 70-km strip of asphalt is impossibly narrow and twisting, and even after some improvements, officials say it is unlikely to bear the full brunt of Games traffic. As a result, the Nagano Olympic organizing committee, NAOG, decided that from 5 a.m. to 5 p.m. each day of the Games, the road will be open only to athletes and Games officials. Many businesspeople in Hakuba are fed up, saying NAOG prevented them a road of courtesy and instead cut off visitors' access to their resorts 220 km northwest of Tokyo. "Some of these people at NAOG," says Shieko Matsumura, a restaurateur in Hakuba, "are living in a dream world."

Nagano officials would be delighted if traffic snarls were the worst of their problems between Feb. 7 and 22. Transportation troubles are endemic to modern Olympics which, particularly in summer, have grown beyond the capacity of even the largest cities. But rather than dwell on the problems that bedeviled Atlanta in 1996, for instance—from crowded computers to broken buses and

a fatal bombing—Nagano supporters cheer the success of relatively little-known Lillehammer, Norway, in 1994, where the competitors were compelling, the weather was perfect and everything ran on time. International Olympic Committee members who have visited Nagano claim the city will be ready to host the 15,000 athletes, Games officials and media, and hundreds of thousands of visitors. More importantly, says Carol Anne Lethbrun, CEO of the Canadian Olympic Association, Nagano appears to have grasped the Olympic spirit that bypassed summer-cramped Atlanta in 1996. "From all accounts," Lethbrun says, "it will be a magical Games."

Nagano will be difficult to visitors if for no other reason than its size. The city is in the center of Hakuba, the largest of Japan's four main islands, and sits in a fertile valley at the confluence of the Chikuma and Sagami rivers. Originally, Nagano was a "samurai town"—in modern times, companies such as Seko-Eigen, Fuji, Olympus, Kenwood and Fuji Electric have moved in, drawn by the area's clean air and fresh water that is vital to sophisticated electronics production. These resources are also essential to the

region's agricultural base—the surrounding mountains frame wide green valleys of rice fields, vineyards, and peach and apple orchards. In fact, disposable glass for on-site caterers are being made from apple pulp left over from juice production.

As in previous Games, organizers will use the international stage to show off local culture. Throwing snow workers will stamp a snow will artists at the opening ceremonies, and spectators at the curling venue in Karuizawa, southeast of Nagano, will discover the city's annual festival of ice sculpture. Casinos at such sites as the Harbin for lucky arrival, the White Ring (Gunn station), the Saito (Dobutsu) and the Snow Harp (cross-country skiing) will sell snow-covered stamped rice balls (called *senbei*) instead of hot dogs. "The farther away the Games are, the more interesting they become," says former COA press chief Larmer Lathbrun, who visited the 1996 sites last summer. "The people there are proud of their culture, but curious about outsiders as well."

The Games must also abide by local environmental regulations. International ski authorities have requested that the men's downhill run be lengthened, but organizers have so far refused because the extension would cross into a protected park. Even apart from that, the site has its shortcomings. Nagano is the southernmost Winter Olympics site ever, and the weather in the Japanese Alps is unpredictable at best. Last January—a problem reminiscent of the Rockies' Mt. Allan prior to the Calgary Games of 1988—the temperature was so warm that the day before the World Cup cross-country ski event, the Self-Defense Forces (Japan's military) loaded in trucks loads of snow and packed it onto the grassy course. The poor weather, too much snow. Beyond the cancellation of a men's World Cup downhill, NAOG promises the Self-Defense Forces will be sending by mid-February to help solve snow-related problems, but it is reluctant, considering its environmental record. It uses a chemical snow lawdowner in the event of rain. For now, at least, the Japanese ski federation is willing to take its chances with Mother Nature.

Then there is transportation. Unexpecting foreigners could easily get lost in Nagano's maze of winding roads and alleyways, some no more than three to four meters across—and that is for two-way traffic. They were built that way to slow the advance of invading samurai armies, but that logic may well escape Games visitors. And in Hakuba, residents worry that the buses NAOG plans to use to shuttle spectators from the train station to competition sites are too big for most of the town's narrow streets. But it is the Nagano-Hakuba highway that is most contentious. The Olympic venue are being

raised at Happono, but there are several other ski resorts in Hakuba and local operators say business will drop if police restrict traffic. "We don't know what's going on," says restaurant owner Masamune. "We ask NAOG. How many people are coming? What can we expect? Give us some numbers." And we give nothing.

Locally, Nagano officials lead organizing committees for future Games in Sydney, Australia and Salt Lake City, one a debt to the troubled Atlanta Games for showing them how not to run an Olympics. In conversation, Nagano officials are quick to distance themselves from the Colorado Games and its inadequate computer system, budget shortfalls and rampant commercialism.

NAOG promises that IBM's late '98 will deliver timely and accurate results thanks to necessary upgrades and backup systems. As for the budget, NAOG originally forecast a final cost of \$875 million but now expects it to be \$1.3 billion. Organizers claim they can keep it to that total so long as the yen maintains its current value in relation to the U.S. dollar.

Sponsors, meanwhile, will have to battle for limited billboard space. Not wanting to obscure the natural beauty of the landscape, local governments are enforcing strict guidelines as the number of advertisements that are allowed. Some major Olympic sponsors, however, are pegging up posters of the available space, so the Coca-Cola sign is everywhere and Visa banners are fluttering from language in some shopping districts.

Still, it may not be a banner. Games for the credit card company. For one thing, Japanese consumers generally view credit, and as a result, many shops or restaurants do not accept cards, or only accept cards issued by Japanese banks. With so many visitors from outside expected, Visa is trying to promote the use of credit cards in Nagano, particularly with family-run businesses that make up a majority of shops and restaurants. "We know Nagano is the country of the yen and the yen is the world's most valuable currency," says Visa spokesman Takashi Nakafuku, adding "There are a lot of places to convert, but it's coming."

Oddly in an otherwise high-tech society, automated bank machines in Nagano operate only during regular banking hours. Visa plans to open its own ATM's, and some local banks are adjusting their hours, but they are reluctant to extend 24-hour service. "You have to remember—this is not Canada," explains Hiroko Ogino, general manager of the Hakuba Bank, one of the Games banks. "The system here is different." For North American tourists, that may well be the underestimation of the Games.

Nagano hopes to capture the spirit of the Winter Games



The host city using the international stage to show off local culture

global network," says Visa spokesman Takashi Nakafuku, adding "There are a lot of places to convert, but it's coming."

JAMES DEACON with ERIC GINGLES in Nagano



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Train of thought

On the West Coast Express, students learn as they go

The glare at the capacious bar on the West Coast Express is the deep blue after surviving a wet and windy lineup at one of several train stations on British Columbia's lower mainland. Many commuters clearly feel it's worth the wait. At 7:25 on a Wednesday morning, others are simply trying to make it through their newspapers or steal a pre-work nap. But in the train's last car, behind a sign that reads "Quiet please, class in progress," something quite different is happening: a lively discussion about citizenship—a part of a college course in current events. "I am an immigrant myself, but you have to adapt," says Christine Segal, 36, a professional fund-raiser who works in downtown Vancouver. "Like, I don't agree with nations in the RCMP."

Around her, several other passengers nod in agreement, as teacher Logan Mast glances at his notes. With the scenery outside still cloaked in darkness, Mast and his students are getting a jump on the day's lesson: a first crack at an educational experiment unique in Canada, launched last month by Capilano College in North Vancouver: the Brain Train has signed up 30 students in its inaugural semester. "You are already on the train and you want to be doing something constructive," says Rod Stenler, 47, an economist with the federal government. "And with the class on a train, you're not likely to sleep."

Welcome aboard the latest entry in the field of continuing education—an ever-expanding world of postsecondary programs aimed at older students, typically those who work full time and want to upgrade their skills or simply expand their horizons. As they make their way from such towns as Maple Ridge and Mission to their jobs in Vancouver, students like Segal and Stenler are able to choose from a range of offerings, from Spanish to current affairs and public speaking. Most courses cost about \$140. Classes start 30 minutes after the first passengers climb on, at 6:55, in Mission, and are available to anyone who boards during the first four stops. The day's lesson ends

as the train pulls into Vancouver's Waterfront Station at 8:10 a.m. "These days, it's an important goal of any college to find more innovative ways to deliver part-time, professional schooling," says Lynn Jost, Capilano's director of continuing education. "We felt this was a fairly eye-opening way to do that."

Capilano is not alone in the quest to find new, more accessible ways to appeal to part-time and mature students. They, at such established universities as Toronto and

program offers all the courses needed to earn an interdisciplinary bachelor of arts or science degree or a bachelors in the first year. We've had 15 attracted 100 students. This fall, that number increased to 250.

In a word world, more schools are also using cyberspace to make higher learning accessible and convenient. In the process, the entire field of postsecondary education is becoming more flexible, as longtime barriers between colleges and universities begin to break down. Throughout British Columbia, the Open Learning Agency, which co-ordinates on-line offerings from postsecondary institutions across the province, offers both university and college courses on the World Wide Web to almost 30,000 students, half of whom are between the ages of 25 and 30. In Newfoundland, Memorial University teamed up with Newfoundland and Labrador Provincial College to offer their first joint business course on the Web. Along with online assignments and exams,



Mast (standing) with students helping mature students fit the demands of school into busy schedules.

Regina, participants now make up between a quarter and a third of the student body. At many smaller, regional institutions, including Nipissing University in North Bay, Ont., and Brandon University in southwestern Manitoba, roughly half of the student body studies part time.

And more than ever, such schools are seeking ways to help students fit the demands of course work into schedules where families and careers place a premium on time. "I don't ever see the conventional student disappearing," says University of Calgary president Terry White. "But not everyone can take four years off to study and think. Our viability depends on meeting the needs of people with different lifestyles" in an effort to do that, Calgary launched Weekend University in the fall of 1996. The

students from as far away as Corner Brook and Stephentown have been able to take part in group discussions with their professors, and with students from across the province.

Back on the Brain Train, meanwhile, Mast, who also teaches a course in political science at Simon Fraser University in nearby Burnaby, says Capilano's experiment in early morning education has been a lesson in the benefits of reaching out to a different breed of student. "Kids straight out of high school want to get a good grade and get out," says Mast, as he watches his students file out of the train car at the end of the morning's lesson. "These people show up bright-eyed and ready to talk. It's as if this is actually fun for them."

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'In total command'

He could whistle entire songs before the age of four, Richard Margison would entertain neighbours when he was growing up in Victoria by singing opera from his tree house. And on Saturday afternoons, when he helped out with odd jobs at his father's printing shop, he amazed himself by belting out arias. But Margison never seriously thought about

becoming an opera singer until he was 25—even though his father, Gilbert, accomplished as a violinist with the Victoria Symphony and his mother, Dorothy, taught piano. "I was not moved by opera at all—not any cup of tea," recalls the internationally celebrated lyric-dramatic tenor. "I thought it was boring." Instead, Richard dreamed of becoming a pop star, and spent many nights during and after high school playing guitar and singing songs by some of his idols to Victoria coffeehouses. "Certainly I was blown away by the lyrics of people like Elton John, Gordon Lightfoot, Son Rogers," he says. "I found the ability to communicate and entertain with music."

Now, however, at 43, Margison is one of the most sought-after tenors in the operatic world, jetting back and forth between the major opera houses, he is booked until the year 2002. In November, he flies to London to sing a Golden Anniversary Gala for Queen Elizabeth and Prince Philip. Later, he has two engagements at New York's Metropolitan Opera House, as Calaf in Puccini's *Turandot* and as Manrico in Verdi's *La Traviata*. "His voice is a God-given instrument," says Lotfi Mansouri, general director of the San Francisco Opera, which invited Margison last month to perform in a gala production of *Tosca* to mark the reopening of its concert hall. "Richard has polished his instrument and is in total command. When he sings, you have the pleasure of total security."

Margison is currently in his home province for a Vancouver Opera production of *A Traviata*, which runs until Oct. 27. His performance of the rebel leader Manrico

is his only Canadian opera engagement this season, and his first in Vancouver since 1989. "It's sort of a homecoming," says Toronto-based Margison, who had Thanksgiving dinner with his parents in Victoria. "The Vancouver Opera always feels like family. It's touching to have and getting a bit of a recharge."

The role of Manrico showcases Margison's rich, robust voice and broad range.

heavily didn't know just exactly where I'd end up in terms of the opera business," he recalls of the period when he worked with voice instructor Brian Jones at the Victoria Conservatory of Music. "But I did have a wonderful teacher. I discovered through her love of the art just how much it had to offer, and in terms of the voice, it opened up a whole new appreciation for singing." After years of playing small roles in Western Canada, he made his professional debut at the Vancouver Opera in 1985 as Lindor in *Eugene Onegin*. His international breakthrough came four years later at the English National Opera in *Le Ballo in Maschera*. The critics were impressed, drawing comparisons to Canadian Jon Vickers, who had performed the same role on the London stage 32 years earlier.

From then, Margison went from triumph to triumph. In 2000, he debuted as Pinkerton in *Madama Butterfly* at New York's famed Met, fulfilling a lifetime dream. Tenor great Placido Domingo conducted, adding to the thrill. The two remain good friends.

But the singer seems unaffected by his fame or the high culture atmosphere of the opera world. He still enjoys listening to Elton John and Roy Orbison, and says he hopes to perform one day with k.d. lang—because she is a "divine and singer." He likes fishing and designing jewelry, and often uses the word "cool." Margison is also a family man who laments the fact that he cannot spend more time with wife Wilhelmine Kuziova, a singer-director and vocal coach at the Canadian Opera Company, and their five-year-old daughter, Lauren Amelia (who got her second name from the character in *Le Ballo*—she was born between shows in Winnipeg).

Margison's down-to-earth personality is a big part of his success as an opera star. "He's up front," says mezzo-soprano Judith Forst, a good friend who sang at his 1999 wedding. "He lays it out on a platter."

Margison says that *Madama Butterfly* is crucial. "As someone as young as you're going to lose your credibility."

After Vancouver, Margison is looking forward to a brief well-earned Toronto "Thank Halloween with my daughter," he says. "I don't know what I'm going to dress up as—maybe the Cowardly Lion." To be sure, this lion will know how to roar, beautifully.

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Double helix hell

GATTACA
Directed by Andrew Niccol

So far, scientists have sequenced just two per cent of the human genetic code. But by the year 2005, when the International Human Genome Project is due to be completed, our entire genetic blueprint should be available as a single CD-ROM. And there are those who predict that, cradling every last human desire, they will mark a scientific breakthrough comparable to splitting the atom—with similar, double-edged implications for good and evil. Of course, genetic horror, notably the spectre of cloning humans, has been a staple of science fiction for some time. But Gattaca offers a sophisticated new strain: this is an Orwellian thriller set in a future world of test-tube citizens, a biologically

ordained caste society that is ruled by genetic surveillance. Gattaca employs a forensic realism that can dwell suspense from a fingerprint bloodstain. And while many of its ideas are familiar, the film's sleek design and ingenious premise are strikingly fresh.

In Gattaca's vision of the 21st century, reproduction is genetically engineered to screen out birth defects and promote so-called positive traits. But Vincent (Ethan Hawke) is the product of a natural birth, and therefore doomed to remain a second-class citizen—in *his* world. His unprejudiced "flaw," however, instills a passionate desire to overcome his fate. Vincent dreams of becoming an astronaut with Gattaca Corporation, a giant space agency firm, he needs the Right Stuff, and goes shopping for it on the black market. At great risk, he forges the identity of a genetically superior specimen

Thomas, Hawke, a wallflower ruled by a test-tube elite

named Jerome (Jude Law) who has been paralyzed in an accident.

Aside from undergoing radical surgery to alter his appearance, Vincent must carry around a patch of Jerome's urine, and keep his blood safe from his fingerprints in case of impromptu genetic testing. He also has a supply of Jerome's skin cells and hairs handy to scatter around the office. The subtlest magic works. But when a Gattaca employee is found murdered, and a string of cryptic points to Vincent's old identity, his cover is suddenly jeopardized.

New Zealand writer-director Andrew Niccol, who makes his feature debut with Gattaca, has a terrific eye. The costumes, the architecture, his stark vision of the future seem almost classical—a future by Antonio. And his actors are as serene as the decor. Hawke generates a cool intensity, while Law, as the cynic who sells his genes, makes a superb foil.

What is most appealing about the film is the fine-tuned clinical detail used to lay out the premise. But only enough, while the science fiction is both credible and fascinating, the more conventional aspects of the drame seem congenitally weak. They include a hokey subplot of sibling rivalry between Vincent and his test-tube brother, and a faintly sketched romance between Vincent and Irene (Uma Thurman), a co-worker with a minor heart defect.

Still, Niccol has constructed a clever, sensitive and stylish first feature. And, as we wait for science fiction to realize the dizzy gene from the genre's genetic blueprint, Gattaca will do just fine until something better comes along.

BRIAN D. JOHNSON

A wallflower who fascinates

WASHINGTON SQUARE
Directed by Agnieszka Holland

Despite every modern advance of forensic, actresses looking for strong lead roles in movies are often best advised to retreat directly to the 19th century. And now that E. M. Forster and Jane Austen have been effectively strip-mined, attention has turned to American novelist Henry James. Last year, Nicole Kidman went for way through a brittle version of his *The Portrait of a Lady*. Helena Bonham Carter sheds her corsets, and everything else, in a bold adaptation of *The Wings of the Dove*, due out next month. And now, in *Washington Square*, Jennifer Jason Leigh delivers a performance that should finally get her the Oscar nomination she has deserved for some time. But the movie, quite frankly, is a bit of a snooze.

As Catherine, the wallflower daughter of a wealthy physician (Albert Finney), Leigh creates a pious but richly nuanced character learning a bitter lesson in unrequited love. Finney, as always, makes a fine patriarch, a tower of grained intellect. And Carol Joyke's likable scenery plays gives him a lot to chew on. However, as Morris, Catherine's desiring but penniless suitor, Ben Chabrier seems a poor match for Leigh—and piles next to the Morris played by Montgomery Clift in *The Heiress*, the 1949 film version of James's novella. And as the meddling Aunt Lavinia, Maggie Smith flutters about in a cloud of comic relief that requires its own relief after a while. Director Agnieszka Holland, meanwhile, plays it safe, filming *Washington Square* as a dignified costume drama. But the story is so slight that it needs an edge. Holland's faithful adaptation seems stifled by the weight of ancient manners.

B.D.J.



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Allan Fotheringham



How I grew up and gave up sports

A few years back, your humble servant wrote a column about the weather. Never, went the theme, has so much newspaper space and television time been wasted on anything so trivial as the weather. Whether just is, it just happens, so leave it alone. Don't bother with it.

Three months shortly after a polite letter from a lady. You are wrong, she advised the scribbler. There is a bigger waste of space and TV time. It is called sport.

I have decided I am finally growing up. I am finally admitting it, sport. That must be a sign of maturity. This realization causes me to pause when I note that it is World Series time and one of the teams involved is the Florida Marlins, an outfit I had never heard of before last week.

That is a mistake. As a lifetime fan, it is time that makes the World Series has occupied my situations all years—well, it means I am free, I am free. Thank God above, I'm free at last.

All this from a broke-down former sportswriter and sports desk to superb tennis player to food, who can beat anyone in the world at Trivial Pursuit when it comes to politics. There's probably not a single player out there I don't know. The Marlins' opponents, who know that the greatest pitching foursome in baseball history were Indians' Bob Feller, Bob Lerner, Mike Garcia and Early Wynn. Feller, my hero, has ended up as a strong spokesman for the Republican party, and an older player goes into his flannel-shirt free ball from about 10 feet from the pitcher's mound so far can reach home plate. That probably started the rot. My rot.

I think the Mighty Ducks finished me off. When the Disney people started their new team the Anaheim Mighty Ducks, I felt like burning my conspiracy pictures of Max Baerley, De Caprio and Ted Koppel, not to mention Frankie Bravetti, Babe Pratt and Tony Berdy. These were hockey players, disappeared in a Los Angeles suburb. This is someone, you understand, who has covered Olympic Games, summer and winter variety and two of soccer's World Cups, one in Italy one in California. It was actually thinking of going to the 1998 finals in France, but only for the food.

It's not just the Mighty Ducks and Anaheim. Who are the Jack-



sonville, Indiana? Where is Jacksonville? As sport grows bigger, it retreats to smaller and smaller towns. Is Peoria next? Kokomo, Indiana? None of the names make sense. Baseball is Utah Jazz? That's because they were the Jazz before they were named from New Orleans. There's more just in Missouri Jazz than there is in all of Mormon Utah. The Los Angeles Lakers? There's no lake in L.A., there's no ocean. The Lakers are left over from when they played in Minneapolis and someone forgot to change the name.

Hockey's Calgary Flames? Flames was the name when they played in Atlanta—Gin Sherman and Rick Barker and Soule O'Hara and all that. The Vancouver Grizzlies? I think there are about six grizzlies in all of British Columbia. Toronto Raptors? I don't even know what a raptor is and if I did, I would bet it never lived in Ontario.

Brend came today, of course, has disappeared. No player agent, the scoundrel of sport, would let his necessary stick with his team for an entire career, as Gord Visser did with the Boston, or Joe DeMaggio with the Yankees or Stan Musial with the Cardinals.

I write all the time that if the Canadian Football League is allowed to die, it will signify the end of Canada. And I haven't been to a CFL game in years. I think I'm finally growing up.

The whole thing is so ludicrous now, with too much money flung to television revenues and too many millionaire owners taking out their boyish fantasies by buying clubs they know nothing about and wasting time all to another season of games whose newspapers will build a devoted stadium for the latest arriviste. There is now no football team in Houston, no team in Los Angeles, Ladinos.

Thanks to the new ethos, National Hockey League franchises have been stripped from Quebec City, Winnipeg and—probably soon—Edmonton. And there are now two clubs in Florida that belong to hockey.

There was a time when some equality survived—the players and the sportswriters had some respect, both being toilers at the low end of the food chain, making somewhat the same money and usually being able to get a beer together.

Now, the millionaire outfit men and jet-set businessmen make so much money that they hold the lowly scribbles in complete contempt. And the scribbles hate the athletes. And it shows in their copy. There isn't no fan on the sport pages anymore, most of it being taken up with lawyer talk of contracts and sexual harassment by the star football.

The winning baseball players are a bore. The greedy owners are a bore. The sports writers—where they're not caught with their knickers down—are a bore. Golf, which Mark Twain said was "a good walk spoiled" is a bore—the only sport where middle-class, middle-aged men get to dress up like pimps.

The only real sport left standing, I think I finally grew up last week.

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